

CALGARY

metro®

Tuesday, February 12, 2013



News  
worth  
sharing.

[metronews.ca](http://metronews.ca) | [twitter.com/metrocalgary](https://twitter.com/metrocalgary) | [facebook.com/metrocalgary](https://facebook.com/metrocalgary)



Today

the

more

you

text

the

more

you

help

Today, for every text message sent or long distance call made by a subscriber\*, Bell will donate 5¢ more for initiatives helping the millions of Canadians affected by mental illness.

[bell.ca/letstalk](http://bell.ca/letstalk)

\*Regular long distance and text message charges apply



## GET THE TRAINING CALGARY'S TOP EMPLOYERS WANT!

Get started in the Accounting  
& Payroll Administrator Program.

[www.startyourcareer.ca](http://www.startyourcareer.ca)

(403) 920.0070

ROBERTSON  
COLLEGE



## Best job ever?

RCMP in Lake Louise are  
patrolling local resorts PAGE 3

# LOVE AT FIRST CLICK

THANKS TO THE GROWING ACCEPTANCE  
OF E-DATING, MORE PEOPLE ARE SEEKING —  
AND FINDING — TRUE LOVE ONLINE PAGES 6 & 7



CALGARY

# metro

®

Tuesday, February 12, 2013



News  
worth  
sharing.

[metronews.ca](http://metronews.ca) | [twitter.com/metrocalgary](https://twitter.com/metrocalgary) | [facebook.com/metrocalgary](https://facebook.com/metrocalgary)



# Catholic pupils flock to get HPV vaccine

**Controversial program.**  
Uptake rate for shots  
similar to that of  
public schools



JEREMY  
NOLAÏS  
[jeremy.nolais@metronews.ca](mailto:jeremy.nolais@metronews.ca)

Seventy per cent of Catholic families in Calgary being offered a school-based program to vaccinate their daughters against human papillomavirus (HPV) are taking health officials up on their offer.

Data provided by Alberta Health Services on Monday shows that consent forms sent out after the Calgary Catholic School District approved an immunization program in Nov-

ember came back signed from parents of 1,242 girls in Grade 5 and 449 girls in Grade 9.

The trustees had previously refrained from offering the program for four years at the urging of spiritual leader Bishop Fred Henry, even though every other metropolitan Catholic school district in Canada went ahead with the publicly funded measure.

In December, students received their first vaccination against the virus, which studies have linked to cervical cancer. The students will have their second and third immunizations before summertime.

Dr. Richard Musto, AHS zone lead medical officer of health, said the rate of uptake for the program is similar to that found in public schools, where the vaccine has been of-

fered since 2008.

"We had hoped we would be in the same ballpark," he said.

Controversy over the district's stance on the vaccine took centre stage again last fall as advocacy group HPV Calgary — made up of concerned parents, physicians and cervical-cancer survivors — threatened to launch a legal challenge alleging charter rights were being violated.

Representative Juliet Guichon said Monday that she found the program's popularity to date "immensely gratifying," but added it should have been launched long ago.

"It's a shame the trustees chose to prevent it and we don't know the outcome," she said. "We don't know which children will be affected by that prevention."

## WILD WIN IN SHOOTOUT

The Minnesota Wild's Mikael Granlund, right, gets checked by the Calgary Flames' Blake Comeau on Monday during second-period NHL hockey action in Calgary. More coverage, page 28. JEFF MCINTOSH/THE CANADIAN PRESS

## Where's the horsemeat?

Everywhere in Europe, it seems,  
as fraud scandal grows PAGE 10

## Mmm ... tastes like a hot date

Wondering what to eat to keep  
your love life sweet? PAGE 14

## Balancing act

Recent film and TV portrayals  
of bipolar characters show  
better understanding of  
mental-health issues PAGE 15



# Edison

AT WALDEN  
ANOTHER STEP  
FORWARD

INNOVATIVE SOUTH CALGARY TOWNHOMES  
WITH 2 CAR GARAGES  
FROM THE \$250S

SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS  
285 Walden Drive SE | 403.536.7236 | [aviurban.com/edison](http://aviurban.com/edison)

AVIurban



MEMBERS GET

# THE RE-INVENTED BLACKBERRY® Z10 WITH BENEFITS.

Get the re-invented BlackBerry Z10 with features like Time Shift to ensure the perfect shot. Plus, Virgin Mobile Members get Exclusive Access & Deals from our awesome partners.



BlackBerry

**\$139<sup>99</sup>**



IT'S BETTER TO BE A MEMBER

[virginmobile.ca/blackberry](http://virginmobile.ca/blackberry)



Limited time offer. One-time activation charge (\$35) may apply to each line. Taxes extra. 911 monthly fees apply in NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Pricing is valid only on new smartphone activations on a 3-year term on a Platinum plan. Upon early termination, price adjustments apply; see your Service Agreement for details. Phone and some colours may not be available at retailers. See [virginmobile.ca](http://virginmobile.ca) for details and restrictions. Screen image simulated. Member Benefits subject to change/cancellation at any time without notice. © 2013 Research In Motion Limited. All rights reserved. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. RIM assumes no obligations or liability and makes no representation, warranty or guarantee in relation to any aspect of any third-party products or services. Certain other product names, brand names and company names may be trademarks of their respective owners. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2013 Virgin Mobile.



## Province vs. mayor. City is being 'abused': Nenshi

As a verbal battle over regional planning escalated on Monday between the Calgary mayor and the province's municipal affairs minister, the reeve of Rocky View County said his position on the matter hasn't changed.

"We don't want to get involved in this fight," Reeve Rolly Ashdown said. "But it's kind of fun to watch."

Ashdown was referring to Municipal Affairs Minister Doug Griffiths' description of Mayor Naheed Nenshi as a "peacock" — puffing up prior to October's municipal election — in an interview published on Monday.

Griffiths was responding to an opinion column written by the mayor that accused the province of treating the city government as a "farm team" and sending "mixed messages" over the Calgary Metropolitan Plan.

As Metro reported in January, members of council worry the city's long-term plans are hindered by the lack of participation of rural municipalities like Rocky View in the CMP.

That sentiment boiled over on Monday when the mayor accused the province of doing nothing to advance the plan and even being counter-productive. "We're being marginalized and, frankly, abused in a lot of this," Nenshi said.

He and several aldermen called again for the province to legislate the CMP, but Ashdown said that wouldn't be fair.

"The province should never legislate something that gives somebody power over another municipality," Ashdown said.

Rocky View wants to work with Calgary, he added, but can't accept a partnership that would effectively give the city a veto over regional decisions.

ROBSON FLETCHER/METRO

## 'It's all gone'. While possessions are destroyed, father happy 5 children, wife safe after fire guts N.E. home

With fire tearing through his northeast Calgary home, Subhan Uppal could think only of his family's safety.

"It was very scary," he recalled on Monday night. "I grabbed the children and we ran out as fast as we could. I didn't look back."

The Uppals, five children between the ages of 6 and 12 and two adults, had only just begun their morning routine in their home on Falchur Crescent N.E. when Uppal said he noticed smoke billowing from the basement. Fire crews arrived quickly as the family

raced out onto the front lawn in their bare feet. Neighbours across the street ushered them inside to get warm.

"It's all gone," Uppal said of his family possessions in the home. "But I don't care about those things. My family is safe — thank God."

The Canadian Red Cross has come to the emergency aid of the family and will ensure they receive further support from community organizations, spokesperson Calli Forbes said.

"Right now we are providing them with emergency



Firefighters walk away from a residence on Falchur Crescent N.E. that was ravaged by fire on Monday. JEREMY NOLAIS/METRO

food, accommodation and clothing as well as personal hygiene kits (and) teddy bears for the children as well," she said.

It was not known what started the blaze but fire crews continued to investigate on Monday.

JEREMY NOLAIS/METRO

## Mounties ride snow, not horses patrolling resorts

**Initiative.** RCMP in Lake Louise are on the hills, with plans to expand provincewide



JEREMY NOLAIS  
jeremy.nolais@metronews.ca

Alberta Mounties are on the mountain, and they're on the move.

Touted as part of a proactive policing initiative, officers with the RCMP detachment in Lake Louise have recently begun doing volunteer patrols of the local resort as well as Nakiska Mountain Resort.

And Cpl. Jeff Campbell said Monday it's a program he hopes to expand to every ski resort in Alberta over the next few seasons.

"Our focus is not so much enforcement, but public education," he said. "The numbers at Lake Louise indicate, on a busy day, they can get up to 7,000 people there. It's like having a

small town, so it's nice to have that presence while up there."

The program is a revival of a similar one from the 1990s that fizzled out with changes in personnel, Campbell said, adding the initiative is modelled after one used successfully in Whistler, B.C., for 20 years.

Campbell said complaints on the hill typically involve drug use or alcohol consumption outside of designated areas as well as reckless behaviour that endangers others.

Officers did seize an unspecified quantity of drugs on their first patrol day at Lake Louise, but since then most other infractions have been relatively minor, Campbell said.

Sandy Best, director of business development at Lake Louise, said crime is not an issue at the resort but welcomed the officer patrols.

"They're our local cops and it's good to see them on our local mountain," he said. "I like them being here and I hope they never have to work."



RCMP Cpl. Jeff Campbell will be hitting the slopes at Alberta resorts as part of a new policing initiative. CONTRIBUTED

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

THE HOTTEST NEW DANCE WORKOUT

LOSE INCHES FAST!

**FREE INTRODUCTORY CLASS!**  
CLIP THIS COUPON & BRING IT WITH YOU TO ATTEND YOUR FIRST CLASS ABSOLUTELY FREE!  
REGISTER ON LINE [dancezation.ca](http://dancezation.ca) COUPON HAS NO CASH VALUE EXPIRES FEB. 28/2013 - NEW CUSTOMERS ONLY

DANCE YOUR WAY FIT & TRIM!

**Dance Zation Fitness**  
PH 403-973-0697  
231 B Forge Rd SE  
[dancezation.ca](http://dancezation.ca)

CLIP THIS AD & BRING IT IN!

## St. Patrick's Island to close for over a year

Detours will soon direct pathway users around St. Patrick's Island as the space will be closed for construction for over a year beginning next month.

After a lengthy public-consultation period, the Calgary Municipal Land Corporation said they're now closing down the island from March until fall 2014 as construction ramps up.

Construction of the new St. Patrick's Bridge, which will connect the island with the East Village in the south and Bridgeland to the north, has already begun, but CMLC spokeswoman Susan Veres said heavy construction is slated to begin soon.

"We're well through the construction of the bridge," she said. "It's just timely now to close the island as we begin the heaviest construction around the bridge period and prepare for the start of the landscaping plan in May."

The master plan for the is-



Concept drawing of St. Patrick's Bridge. FACEBOOK.COM

land was revealed in July 2011, and includes trails and boardwalks, spaces for festivals and performances, and enhanced river access.

"We'll be redirecting people to Langevin Bridge where they can cross ... or to the Calgary Zoo crossing," said Veres.

The island is expected to be closed around March 11.

KATIE TURNER/METRO

### Pigs in Cowtown

#### Calgary among least faithful cities in Canada

Calgary has been listed as the second-most cheater-friendly city in Canada, according to AshleyMadison.com — a site that connects married men with dates.

Cowtown came in second to Ottawa, and ranked just above provincial capital Edmonton.

According to the AshleyMadison.com data, Calgary saw a surge in signups for the website, with 28,456 registering in 2012.

Calgary also has the highest percentage of single women looking for married men, according to the website.

The remaining top ten cheating cities per capita in 2012 are Saskatoon, Toronto, Halifax, Vancouver, London, Regina and Montreal. **METRO**

### Cooks in Cowtown

#### Three Calgary chefs selected for Top Chef Canada

Calgary will be well represented on the upcoming season of Top Chef Canada, as three of 16 competitors are based in Cowtown.

Chris Shafter, Nicole Gomes and Geoff Rogers will join three fellow Calgarians who were featured on earlier seasons of the show — Connie DeSousa, Rebekah Pearse and Xaxier Lacaze.

Calgarian Shafter is the head chef at Blondes Diner and the owner of Taste First. Gomes, originally from B.C., runs Nicole Gourmet Catering, and Rogers is the executive chef at the new restaurant Market.

The newest season of the reality-TV cook-off premieres on March 18 on the Food Network. **METRO**



Ald. Diane Colley-Urquhart speaks to reporters following council's decision to allow the Shawnee Slopes development to go through, Monday. ROBSON FLETCHER/METRO

# Council OKs Shawnee Slopes

### Controversial decision.

Some see project as good city planning, others as making dense single-family-home neighbourhoods

### Not happy

"This council, as we have it today, is clearly geared toward less footprint and increasing density in existing communities, irrespective of whether the transportation network is failing."

Ald. Diane Colley-Urquhart



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Developers rejoiced, area residents were saddened, and the ward alderman pledged to make controversial projects like the one approved Monday for Shawnee Slopes an election issue.

"You just can't apply a cookie-cutter approach with

these municipal development plans and all these other policies we dream up, and ram a bunch of density into our existing communities, because there will be uprisings," said Ald. Diane Colley-Urquhart after nearly seven hours of debate that capped years of wrangling over the major redevelopment of a defunct golf course in the city's south.

In the end, council reduced the limit on the project's total

number of units to 1,700, down from 1,790.

Colley-Urquhart tried to reduce that number to 1,440, but her attempts were voted down.

She later said the current council is too focused on boosting urban density, and as a representative of "suburban Calgary," she plans to take a stand.

"I have every intention of making this an election issue," Colley-Urquhart said.

Ray Clark, consultant to developer Geo-Energy Inc., said the project fits with the city's approved approach to development.

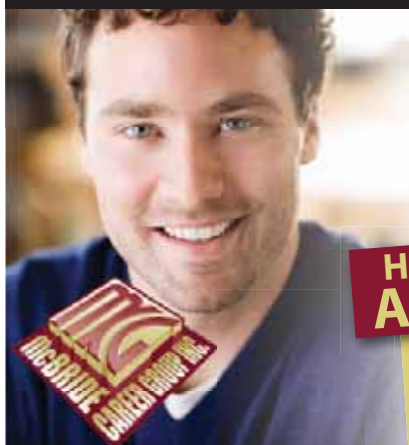
"Our plan actually conforms to what council policy now is," he said. "We were surprised it took so long to recognize that."

After area residents spent thousands of hours and hundreds of thousands of dollars opposing the development, Shawnee-Evergreen Community Association president Brad Smith was not pleased by council's decision.

"Clearly the community is profoundly disappointed," Smith said.

The first phase of construction could begin as early as this fall, Clark said.

## ARE YOU A PERSON WITH A MENTAL ILLNESS? WOULD YOU LIKE TO RE-ENTER THE WORKFORCE?



CALL MCBRIDE  
CAREER GROUP'S  
GROWTH 4 U  
PROGRAM!

HOW TO  
APPLY

- ✓ Referrals are not required
- ✓ Call to set up an initial interview
- ✓ Attend an assessment
- ✓ Continuous intake

### ELIGIBILITY

- Any age, diagnosed or undiagnosed with mental illness
- Ready, willing and able to enter the workforce
- Have not collected EI in the past 3 years
- Have a support system in place

### THE PROGRAM

After completing a return to Work Action Plan, clients attend workshops for up to 7 weeks.

#### THESE INCLUDE:

- Mental health impacts
- Life skills

- Career planning
- Job search

**We then help clients find an eight week work experience placement in their interest area.**

### BENEFITS TO YOU

- Small groups or individual workshops which can be designed to meet your specific needs
- One to one support from program staff while in job placement
- Ongoing support to find employment if not hired by work experience host

CALL GLENDA KEATING PROGRAM MANAGER  
**403.296.8680**

Funded by the Government of Canada.

Canada



LARGEST SELECTION OF TRUCKS IN ALBERTA AT CMPAUTO.COM

# TRUCKS, TRUCKS AND MORE TRUCKS

TRY OUR SERVICE DEPARTMENT!  
**Goodwrench Service**

EXPERT SERVICE AT COMPETITIVE PRICES.

WINTER SERVICE SPECIALS: LUBE OIL & FILTER, 34 POINT WINTER INSPECTION + TIRE ROTATION

**STARTING FROM \$89.95**

CHECK OUT OUR MANAGER'S SPECIALS  
**SPECIALS.CMPAUTO.COM**



RR12301A

## 2012 FORD F-350 XLTs

**ONLY 4 LEFT**

6.2L V8, LONG BOX, LOW KM

FROM  
**\$32,995**

PAYMENTS FROM  
**\$119/WK**

## 2012 GMC SIERRA 2500 SLEs

**ONLY 15 LEFT**

6.0L V8, LONG & SHORT BOX, PWR WINDOWS/LOCKS, LOW KM

FROM  
**\$33,995**

PAYMENTS FROM  
**\$123/WK**



Q0015A

GMC



RR12361A

## 2012 DODGE RAM 2500 SLTs

**ONLY 8 LEFT**

5.7L HEMI, LONG & SHORT BOX, LOW KM

FROM  
**\$31,995**

PAYMENTS FROM  
**\$116/WK**



403-930-1634  
**CMPAUTO.COM**

1313 36 St. NE, Calgary, AB T2A 6P9



BANKRUPTCY | DIVORCE | NO CREDIT  
NEW CREDIT | NEW TO CANADA  
**100% APPROVAL RATING**  
**403.569.5416**  
CALGARYAUTOFINANCING.COM



- Manufacturer's warranty
- 30 day/2500 km no-hassle exchange privilege
- 150+ point inspections
- 24-hour roadside assistance

PAYMENT IS O.A.C. @ 5.99% FOR 84 MONTHS. TAXES (GST) AND FEES (\$440 ADMINISTRATION & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. SALE ENDS FEBRUARY 28, 2013.



There are hits ... and there are misses

## A jacket named Fred, and other e-dating horror stories

While there are many success stories thanks to online dating, there are definitely some dates stemming from the Internet that don't turn out so well.



"This girl would barely speak to me on dates, but as soon as the date was over (sometimes even before I had made it back to my car) I would get text messages or emails about how well she thought things were going, and asking if I wanted to pursue a relationship with her."

Miguel D., 33

"I stopped talking to a guy that I was getting creepy vibes from and didn't want to pursue meeting."



After being at my parents' house over Christmas though, I found out he had been trying to add my mom to Facebook for a couple of months — but I never give out any information other than my first name."

Jenna B., 23



"After two days of texting, this 25-year-old asked me what I was doing, to which I replied: 'Not much, just got out of The Hobbit.' He replied: 'What is that?! Some weird sex position?'"

And now his number is blocked."

Steph D., 26



"Last year, the day before Valentine's Day, I met 'Fred.' We met at a downtown coffee shop. Jason walked in and he looked nothing like his profile picture."

Wearing jeans and a denim jacket, he took off his outer leather jacket and flopped it onto a neighbouring chair. When a passerby asked if she could use the chair, Jason grabbed his jacket and yelled 'Fred!' (what he named his jacket) 'Come back here and don't run away again!'"

Jason then spanked the poor coat and threw it over his shoulder.

I was too embarrassed to even look at the girl dragging the chair away."

Amy C., 23

COMPILED BY HEATHER MCINTYRE/METRO

ALL EMOTICONS ISTOCK IMAGES



Got an e-dating-gone-wrong story of your own?  
Email us at [readers@metronews.ca](mailto:readers@metronews.ca).

# THEY FOUND LOVE I

**Click! In the name love.** Edmonton-area couples have been meeting online for years. The difference now is more admit it, as growing numbers sign up in search of the same success



HEATHER MCINTYRE  
Metro in Edmonton

The first time was the charm for Heather Watson.

Her initial attempt at online dating through Plenty of Fish led somewhere she didn't think it would: marriage, two kids and a third on the way.

After moving to Grande Prairie, Alta., from Edmonton, Watson signed up for online dating. A couple of months after registering, she met Nicholas in November 2008. He became her husband in July 2010.

"At the time I was very busy managing a female-clothing store," said Watson, now 26. "That didn't involve a lot of interaction with men, and I had heard that it was easier to meet men (online)."

According to Plenty of Fish, Watson is one of the lucky ones. The website states: "If you are in contact with 100 different singles, 50 per cent of the time your future partner is in the top 10."

All in all, those aren't bad odds, said Edmonton personal relationship consultant Ryan Jakovljevic, of Evolve Per-



sonal Coaching and Counseling, noting that one in five couples today begin their relationship online.

The 25-year-old believes the growth in use of the partnership method has to do with a fear of rejection, and a draw toward being able to "sift through people and find somebody you think you're highly probable to like and enjoy being around without having to deal with a face-to-face awkward meeting."

Of course, those who have signed up to virtually meet others have done so for different reasons.

For 41-year-old Edmonton man Robin Taylor, who met wife Andrea, 40, nine years ago on Lavalife, it was due to where he was at in his life.

"I had come out of a long-term relationship and ... I was 32, so my previous dating experience prior to that was in my 20s. The world had changed and I wanted to change with it," he said.

For 25-year-old



Mixing technology and romance is no longer seen as taboo — as our models demonstrate in the inset, are fuelling the popularity of e-dating. HEATHER MCINTYRE/METRO

Catherine Dowhaniuk, who signed up for Lavalife at the tender age of 16, it was in order to make new friends

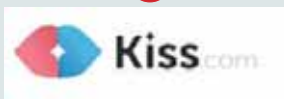
and meet people. She didn't expect to meet Mark, now 32. The Spruce Grove couple married in 2010.

"I think it's a great way to meet people, especially if you're busy all the time," she said. "Whether you make friendships or actually find that person that you love, it's still a great experience altogether."

While they preach the success of online dating because they are proof it can work, those who met through the Internet nearly 10 years ago have a different outlook on the process of filling out a

- 1996: Sixteen online dating websites are listed on Yahoo!

YAHOO!



- 1994: Kiss.com is launched. The site is still active and boasts 12 million users.



- 1998: The Meg Ryan and Tom Hanks rom-com You've Got Mail helps bring online dating to the mainstream.

## Yahoo! Rise of web-based hubs fuels possibilities for romance online

COMPILED BY  
LAURIE CALLSEN/METRO

# N AN ONLINE SPACE



— now that more and more online success stories, like those of Robin and Andrea Taylor and Mark and Catherine Dowhaniuk,

## Playing the odds

### 1 in 5

According to Edmonton personal relationship consultant Ryan Jakovljevic, one in five couples meet online nowadays.

whom she married in 2006, until signing up for Lavalife a second time in 2004.

"When I went back online the second time, the first guy I met, he was kind of a sleaze," said the 36-year-old Edmonton woman. "So when you meet somebody like that it's discouraging because you're thinking, 'His profile picture is nice, his pictures are nice — seems like a nice guy' and then you meet him and all he wants is one thing."

"So it's discouraging, but ... you just have to keep at it."

Criticisms of online dating are that the websites promote hooking up, social isolation and easy options that could attract wandering eyes.

Jakovljevic admits it doesn't always work.

"Dating is largely based on whether or not you feel that attraction, that sort of connection like maybe you have known this person for a long time even if you haven't. And we still don't know quite what on paper creates that — is it similarities? Is it differences? Is it experiences? And although we're getting closer, online dating still hasn't found a way to describe that."

But it is now a mainstream way to form relationships that will succeed and fail, perhaps on a similar level as the ones that start in the grocery store, at the coffee shop, through friends or in the bar, he added.

"I would say that more people succeed than not, put it that way."

## Exclusively online

To watch Robin and Andrea, and more couples, tell their stories of how they met online, go to [metronews.ca/datingstories](http://metronews.ca/datingstories)



## HE HAD COFFEE, SHE HAD TEA

If you're searching for your soulmate online, the Bielendas' love match may give you hope

When Valerie Bielenda went on a date to a Second Cup in downtown Edmonton back in 2004, she took something most don't on dates.

"I had a friend go and sit so that he could watch me to make sure it was safe," she said with a laugh.

That was because she was meeting Mark, with whom she had initiated a conversation on Lavalife.

There was no need to worry though, as the couple chatted until the coffee shop closed, then moved on to Denny's, where they continued talking.

The pair had started chatting online about a week before they had met.

Valerie, now 36, had been on the site before, and was trying it for a second time.

"Being older — 27, 28 — it's harder to meet people because everybody in your age group is already married or paired up with somebody," she said.

Mark, now 38, said it was simply tough to meet girls at bars, and nothing transpired

with those met elsewhere.

The duo married on May 20, 2006, in front of 150 guests.

Many friends, mainly of Mark's, still don't know how they met.

"They don't know, so surprise!" laughed Valerie. "We just kind of never told them that we met online. I think, at the time, they would have bugged him a lot, but it is what it is. We're older now, we don't care."

"And it clearly worked out."

That — and it's more mainstream, added Mark.

"This is just another way of meeting your soulmate."

As the Bielendas, who still remember what one another was wearing, as well as what they had to drink on that first date, await adoption news, they do ponder what will be the next way people meet their partners.

"Twitter," said Valerie. "Isn't that how you meet people nowadays?"

HEATHER MCINTYRE/METRO

## Quoted

**"For the most part, you can try to match up with other people as best as you can, but of course it still doesn't guarantee when you meet that the chemistry will be there. But there's no harm in trying."**

Ryan Jakovljevic, Edmonton personal relationship consultant

questionnaire and chatting through email leading up to a first date now than they did when they were doing it.

Laura Frey met husband Jason on Lavalife in 2003. The Edmonton pair went on their first date on Valentine's Day in 2004, were married the

same day five years later, and now have two children.

"We didn't even tell people how we met," said Frey, 32. "If people asked me, I would totally avoid the question because I was embarrassed — whereas now I just tell people because it's

normal and everyone does it."

In fact, according to Lavalife, more than 1.7 million members exchange more than 700,000 messages every day. Plenty of Fish boasts more than seven million conversations daily.

That change in attitude, and the growing number of people signing up for the sites looking to find a match, prove there is less of a stigma about the idea in 2013 than there used to be.

But that doesn't mean it's easy.

Valerie Bielenda didn't meet her husband, Mark,

YAHOO IMAGE: WIKIMEDIA COMMONS/JUTTA234; YOU'VE GOT MAIL IMAGE: SCREENGRAB/YOUTUBE; ALL OTHER IMAGES SCREENGRABS



- **2004:** Facebook is created.



- **2006:** Social networking website Twitter is created.



- **2007:** Online Dating Magazine says more than 20 million people visit at least one online dating website a day.

- **2009:** An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

## Part 2 of 3

**YESTERDAY**  
Is traditional dating dead?

**TODAY**  
The rise of the e-dating jungle

**TOMORROW**  
E-dating success: How to shine online



## Papal succession

## A Canadian contender

If a Canadian does become the next pope and spiritual leader to the world's one billion Catholics, the story of his ascension will begin, appropriately enough, with a hockey injury.

The moment of divine inspiration, when Cardinal Marc Ouellet decided he should pursue the priesthood, came at 17 as he nursed a broken leg.

"I was very much active — over active, hyperactive — and suddenly I started to pray and to read a little more spiritual things because I was unable to play," Ouellet told The Canadian Press in 2005.

Ouellet, made a cardinal in 2003, hails from the tiny Quebec village of La Motte. He was named by Pope Benedict in 2010 to head the Congregation for Bishops, which vets bishop nominations worldwide.

Last year, Ouellet shared

his thoughts on whether he had hopes of becoming pope.

"I don't see myself at this level, not at all ... because I see how much it entails (in terms of) responsibility," he told the Catholic news organization Salt + Light TV in an exchange published last April.

"On the other hand, I say I believe that the Holy Spirit will help the cardinals do a good choice for the leadership of the church, the Catholic church, in the future."

THE CANADIAN PRESS



Cardinal Marc Ouellet.

THE CANADIAN PRESS FILE



Benedict XVI called it OK for a pontiff to resign for ill health, but not to escape scandal, in 2010. FRANCO ORIGLIA/GETTY IMAGES FILE

# Church to see a stable end of days

## Benedict XVI resigns.

After breaking 600-year taboo, pope holds great sway over successor vote

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday he will resign Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators even though he had made clear previously that he would step down if he became too infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already hand-picked the bulk of the College of Cardinals — who will elect the next pope — to guarantee his conservative legacy and ensure an orthodox future.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul, who had decided that the voting could shift to a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who

only had only a slim majority.

When Benedict was elected in 2005 at age 78, he was the oldest pope chosen in nearly 300 years. At the time, he had already been planning to retire as the Vatican's chief orthodox watchdog to spend his last years writing in the "peace and quiet" of his native Bavaria.

Cardinal Andre Vingt-Trois, the archbishop of Paris, called Monday's decision a "liberating act for the future," saying popes from now on will no longer feel compelled to stay on until their death.

"One could say that in a certain manner, Pope Benedict XVI broke a taboo," he told reporters in Paris.

THE ASSOCIATED PRESS

## Succession odds

*God does not play dice — but we do*

Bookmakers have been quick to offer odds on candidates to replace Pope Benedict XVI, with cardinals from Ghana, Nigeria and Canada among the early favourites.

Ghana's Cardinal Peter Turkson, Canada's Cardinal Marc Ouellet and Cardinal Francis Arinze of Nigeria lead in betting with Britain's major bookmakers.

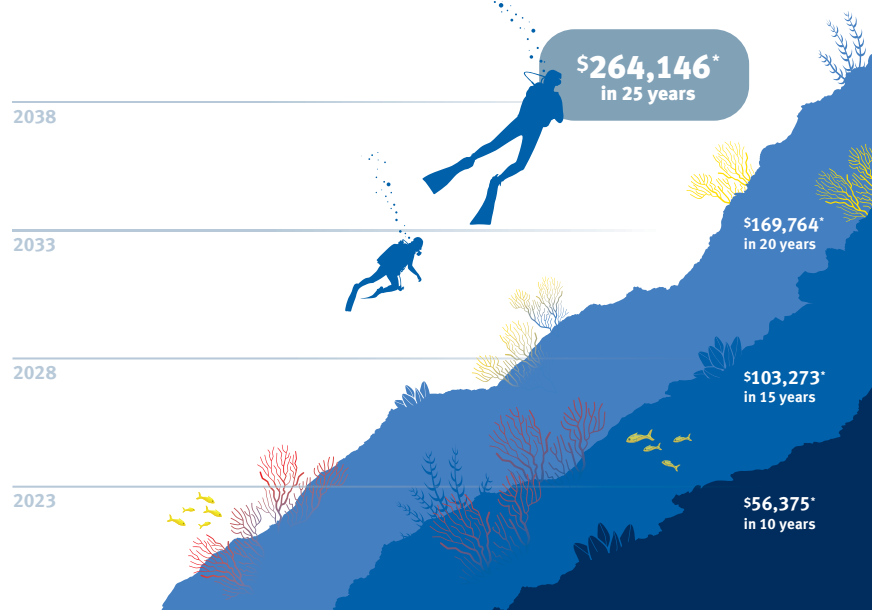
William Hill made Turkson — one of the highest-ranking African cardinals at the Vatican — its 3-1 favourite Monday, followed by Ouellet at 7-2 and Arinze at 4-1.

THE ASSOCIATED PRESS



RBC Royal Bank

When you've finally got the time — have the money too.



Regularly investing \$75 a week opens up extraordinary possibilities.

Talk to an RBC® advisor, call 1-866-809-2775 or visit [rbc.com/reef](http://rbc.com/reef)

Advice you can bank on™





**ROGERS™**  
authorized dealer

**CALGARY**

Deerfoot Meadows  
(403) 253-1800

Northland Village  
(403) 247-8415

Marlborough Mall  
(403) 248-5554  
(403) 235-6779

Chinook Park Plaza  
(403) 252-2227

Macleod Trail Co-op  
Shopping Centre  
(403) 287-0870

2015 32 Ave. NE  
(403) 291-6801

Shawnessy  
Shopping Centre  
(403) 254-6901

Marda Loop  
(403) 255-5555

Gulf Canada Square  
(403) 261-2012

SunCor Energy Centre  
(403) 532-5994

Beacon Hill  
(403) 295-8006

South Trail Crossing  
(403) 257-6655

Crowfoot Crossing  
(403) 215-7300

17th Avenue Plaza  
(403) 974-3150

Pacific Place Mall  
(403) 727-2016

Beddington  
Towne Centre  
(403) 216-9363

T & T Supermarket  
(403) 230-3380

London Town Square  
(403) 219-2113

Aspen Landing  
(403) 727-2019

City Plaza  
(403) 263-7595

Okotoks  
(403) 995-9349

Airdrie  
(403) 948-9865

TD Square  
(403) 571-7760

**ROGERS™ plus**

**CALGARY**

Millrise Plaza  
(403) 256-2015

London Place West  
Shopping Centre  
(403) 246-7333

5244 Falsbridge Gate NE  
(403) 280-5533

Market Mall  
(403) 202-0200

Sunridge Mall  
(403) 280-5151

Chinook Centre  
(403) 253-0229

Southcentre Mall  
(403) 225-6593

North Hill Centre  
(403) 202-1801

Deerfoot Mall  
(403) 275-3500

They're  
**WHITE**  
hot & going fast.



FOR A LIMITED TIME  
GET UP TO **\$100 OFF\***  
ON SELECT WHITE SMARTPHONES

with select 3-yr. FLEXTAB™ agreements



EXPERIENCE THE FASTEST WIRELESS INTERNET TECHNOLOGY ON THE PLANET.<sup>1</sup>

CALL 1 866 600-4005 | **CLICK** [rogers.com/WhiteSale](http://rogers.com/WhiteSale) | **VISIT** your local Rogers retail store

Rogers LTE network available in select cities. See [rogers.com/LTE](http://rogers.com/LTE)

share FRIENDS TALK CHAT ACCESS NETWORK SURF+TEXT FIRST FAST ACCESS CONNECT CHAT  
CONNECT EXCITING TALK FRIENDS SURF+TEXT FIRST FAST ACCESS CONNECT CHAT  
TALK FRIENDS SURF+TEXT FIRST FAST ACCESS CONNECT CHAT  
TALK FRIENDS SURF+TEXT FIRST FAST ACCESS CONNECT CHAT



Offers available for a limited time and subject to change without notice. \*Savings of up to \$100 off purchase of select devices with new activation before Feb. 19/13 on any 3-yr. talk, text and internet plan having min. \$45 monthly service fee (\$110 savings on Samsung Galaxy S III 32 GB; \$75 savings on LG Optimus G 2600; \$60 savings on Samsung Galaxy S III 16 GB; \$50 savings on Samsung Galaxy Note 2 and Nokia Lumia 920; \$49.98 savings on HTC One X; and \$10 savings on BlackBerry Z10). Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTAB balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. 1 Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. © 2013 Rogers Communications.

## Air travel. WestJet to launch new Encore regional service in B.C.

Canadian passengers flying in Western Canada will see some relief from rising airfares this summer as WestJet's new Encore regional service takes flight in June, analysts say.

The airline will add Fort St. John, B.C., to its network and use the first two 78-seat Bombardier Q400s on routes between Vancouver and Victoria, and Calgary to Nanaimo, B.C. Additional routes will be added as it takes deliv-

ery of five more planes by the end of the year.

"We are just getting started," said WestJet Encore president Ferio Pugliese, calling the upcoming launch a "historic moment." WestJet Encore's introductory fare on the Fort St. John routes to Vancouver and to Calgary are \$109 plus taxes, or up to about \$172.

WestJet plans to introduce Encore to Eastern Canada in about nine to 12 months.

THE CANADIAN PRESS

## E. coli outbreak

**XL Foods review panel will cost up to \$3,500 a day**

It will cost taxpayers up to \$3,500 a day, plus expenses, for a three-member panel to review the E. coli outbreak at a Brooks meat plant last fall. A federal cabinet order shows Ronald Lewis, B.C.'s former chief veterinary officer, will be paid up to \$1,300 a day to chair the panel. **THE CANADIAN PRESS**

## Market Minute



**DOLLAR**  
99.57¢ (-0.16¢)



**TSX**  
12,748.15 (-53.08)



**OIL**  
\$97.03 US (+\$1.31)



**GOLD**  
\$1,649.10 US (-\$17.80)

**Natural gas:** \$3.29 (+2¢)  
**Dow Jones:** 13,971.24 (-21.73)

**Dow Jones:** 13,971.24 (-21.73)

# Who's hiding the horsemeat? EU regulators aim to find out



These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. CHRISTOPHE ENA/THE ASSOCIATED PRESS

**Bogus beef.** As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers and Dutch and Cypriot traders were part of a supply chain that resulted in horse-meat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French

**Quoted**

**“There are people who are out there to defraud, who are looking to cheat.”**

France's Agriculture Minister Stephane Le Foll speaking to RTL radio

dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest supermarket chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company.

Agriculture Minister Stephane Le Foll said the results of the French investigation into the horsemeat fraud would be released Wednesday.

No one has reported health risks from the mislabelled meat, which came from a complex supply chain. But clearly some company in the food chain benefited from selling the much cheaper horsemeat as beef. **THE ASSOCIATED PRESS**

[illegible]



# CHEVROLET'S NEW DEALS EVENT

## ENDS FEBRUARY 28TH

0%

*purchase financing<sup>†</sup>*  
ON SELECT MODELS

+



*Travel and More*



TOP SAFETY PICK 2013

+



CONSUMER DIGEST BEST BUY

### 46MPG

HIGHWAY  
6.1L/100KM HWY  
9.2L/100KM CITY\*



EQUINOX LTZ SHOWN

### 2013 EQUINOX LS

FINANCE AT 0.99% FOR 84 MONTHS BIWEEKLY

\$149<sup>††</sup>

OR

LEASE STARTING FROM

## 0.9%

FOR 48 MONTHS\*

BI-WEEKLY WITH \$2,399 DOWN  
BASED ON A PURCHASE PRICE OF \$28,595\*

PLUS

## 2,000

AIR MILES® Reward Miles<sup>†</sup>  
ON 2013 EQUINOX



*Travel and More*

- 2013 IIHS Top Safety Pick\*\*
- Consumers Digest Best Buy for the 4th Year in a Row\*
- Standard Bluetooth and OnStar® with RemoteLink Mobile App~
- Multi-flex™ Sliding and Reclining Rear Seat, offering Class-Leading Legroom<sup>††</sup>

TO GUARANTEE OUR QUALITY, WE BACK IT  
**160,000 KM/5 YEAR**  
POWERTRAIN WARRANTY

Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND  
BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES

**ALBERTACHEVROLET.COM**

SCAN  
HERE  
TO FIND  
YOURS





# GO LOVE YOURSELF



**SHE SAYS...**  
Jessica Napier  
metronews.ca

OK everyone: We need to re-surface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe.

Valentine's Day can be a lovely opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self-love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self-love, but the happiness that comes from being truly confident with who you are.

Clichéd as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

## I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted, and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of "selfies" on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends and a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless people who would disagree with me on my self-evaluation, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.



Looking for love this Valentine's Day? Look within. FLICKR.COM: \*ABHI\*

# Skirting around winter blahs



THOMAS LOHNES/GETTY IMAGES

## Carnival festivities

### Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revelers in Herstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. **METRO**

## Satire in float formation

### Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets, with a Hitler-like moustache being drawn on by a Greek. **METRO**

## Carnival facts

- **Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- **Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. Seeking to deride the orderliness of the Prussian soldiers, locals would don extravagant costumes

and carry wooden rifles with flowers protruding from the barrels.

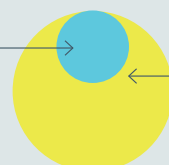
- **Money-maker.** Almost \$2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- **Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?

17%  
YES, THAT'S  
TOO CLOSE  
FOR  
COMFORT



83%  
NO, IF NASA  
SAYS DON'T  
WORRY, I  
DON'T  
WORRY

## Twitter

**@tyraabrooks:** Train smells like moth balls and dirty feet, oh the privilege of taking #yyc transit :)

**@cynthiabrigg:** I LOVE BEING ABLE TO DO THE SPEED LIMIT ON DEERFOOT! #yyc

**@petrodude\_:** I'm tired.. Don't feel up to it anymore.. Maybe I should just quit my job.. Hey if the #Pope can do it.. #yyc

**@DubbleOTR:** Spring smells like urine in #yyc

**@XelaTXN:** Looks like I'll be packing for both spring AND winter out west next week. 7C in #yyc the day I arrive, and -5 the day I leave from #yeg!

**@clauderivest:** Hi #YYC. Four words for you: slow traffic keep right. Why is that so hard? The left lane is not wider, nor is it built with better asphalt.



President Bill McDonald • Vice-President & Group Publisher, Metro Western Canada Steve Shroot • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Calgary Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Vice-President, Sales Quin Millar • Sales Manager Blaine Schlechter • Distribution Manager David Mak • Vice-President, Business Ventures Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Marketing & Interactive Jodi Brown • Vice-President, Finance Phil Jameson • METRO CALGARY Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • Telephone: 403-444-0136 • Fax: 403-539-4940 • Advertising: 403-444-0136 • [adinfo@calgary.mtnews.ca](mailto:adinfo@calgary.mtnews.ca) • Distribution: [calgary\\_distribution@metronews.ca](mailto:calgary_distribution@metronews.ca) • News tips: [calgary@metronews.ca](mailto:calgary@metronews.ca) • Letters to the Editor: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)



## DVD review



### Skyfall

Director: Sam Mendes

Stars: Daniel Craig, Javier Bardem, Naomie Harris

•••••

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL



Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

# Honeymoon with Wanda

**Coming to Canada.** Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster



NED EHRBAR  
Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster

following Foster's headline-grabbing Golden Globes speech last month.

**Is there anything you do to modify your show for Canadian audiences?**  
Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

**When I think of Niagara Falls, I immediately think of old-fashioned, hokey honeymoons. What's your association with it?**

I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

**Did you just call Jay Leno an old man?**

I will call Jay Leno an old man to his face. He knows that.

**You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?**

I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.



INNOVATIVE SOUTH CALGARY TOWNHOMES  
WITH 2 CAR GARAGES  
FROM THE \$250S

SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS  
285 Walden Drive SE | 403.536.7236 | aviurban.com/edison





Taylor Swift ALL PHOTOS GETTY IMAGES

## Anger in English: Swift gives Grammys her best British Style

Taylor Swift used her opening slot at the Grammys this weekend to offer a not-so-subtle dig at ex-boyfriend Harry Styles. Before a rousing chorus of We are Never Ever Getting Back Together, Swift offered, "So he calls me

up and he's like, 'I still love you.'" copping a British accent in an obvious nod to the One Direction member. "And I'm like, 'I'm sorry, I'm busy opening up the Grammys. And we're never getting back together. Like, ever.'"

## Chastain feels no disdain



Jessica Chastain

Jessica Chastain doesn't appreciate the rumours out there that she and fellow Oscar nominee Jennifer Lawrence are feuding.

"I find it very sad that media makes up bogus stories about women fighting in this industry," Chastain writes in a post to her Facebook page. "Why do we support the myth that women are competitive and cannot get along? I think all of the actresses recognized this year have given incredible performances. But more important, they've all shown themselves to be filled with generosity and kindness. I've done two photo shoots with Jennifer Lawrence over the years and have found her to be utterly charming and a great talent."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Get in on the Grammy gossip



THE  
WORD

Dorothy Robinson  
scene@metronews.ca

Sunday night was so big we're still talking about it Tuesday (sorry, Pope).

The drama surrounds Chris Brown, of course, because it always does. Brown, who already rubbed most people the wrong way after he refused to give a standing ovation to Frank Ocean when he won over Brown for best urban contemporary album, partied hard at a Hollywood nightclub with Rihanna. TMZ was there to snap pictures of the two of them smoking what appears to be a joint (shocking!) and leaving the club around three in the



morning.

The ratings for the 2013 Grammy Awards were big, but not big enough to top 2012's numbers. Why? No dead pop icon. Last year's record audience was be-

cause the awards show was held the day after Whitney Houston's death. But still, this year's music-filled awards show delivered 28.37 million viewers.

Missing from Sunday night's party? Justin Bieber, who sat out the Grammys this year. Instead, the pop star decided instead to do a livestream web chat with fans during the awards ceremony, but technical difficulties scuttled those plans.

"Livestream is over capacity and not letting me in the room. Give me a second," Bieber tweeted, letting his frustration show. "Since nothing is working and I'm super-upset, I feel I gotta make it up to you. I should post a new song on Twitter so you can still be excited."

Bieber had decided to forgo the awards show after not receiving a single nomination.

metr

CANADA'S FIRST NEWS APP IN  
**NEWSSTAND**  
Now available for iPad, iPhone and iPod touch!



## HAIR LOSS PROBLEM?

Find the solution to your hair loss problem today,

**BEFORE IT IS TOO LATE!**

Natural Hair Regrowth With **FU YAN's** Special Treatment System & Chinese Traditional Premium Herbs. (works for Men & Women)

**Reasonable, Faster, and Better Results!**

BEFORE BEFORE BEFORE BEFORE



AFTER AFTER AFTER AFTER



\*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked **FU YAN**  
**EXCELLENT SUCCESS RATE**

Some conditions apply

- No Medication • No Surgery
- No Side Effects • No Gimmicks

**FU YAN** NATURAL HAIR  
REGROWTH TREATMENT CENTRE™  
Suite 201, 2705 Centre St. NW Calgary AB T2E 2V5

TEL: **230-0200** FAX: **230-0213**

PARENTS AND STUDENTS JOIN US FOR FREE

## TRANSPORTATION INFO SESSIONS

### AUTOMOTIVE CAREERS

If you have a passion for cars and want to explore options for a career in the automotive industry, this session is right for you. Become a service technician with our Automotive Service Technology diploma or the Automotive Service Technician apprenticeship program. Or get on the path to a management position with the Business Administration - Automotive Management diploma.

Join us on Tuesday, February 12 at 6:30 pm in the Clayton Carroll Automotive Centre.

Call 403.284.8471 or Email [transportation.info@sait.ca](mailto:transportation.info@sait.ca) to confirm your attendance and for more information.

### AVIATION INFO SESSION

Do you love aviation? Do you want to turn your passion into a career? If so, one of these programs may be right for you:

- Aircraft Structures Technician
- Avionics Technology
- Aircraft Maintenance Engineers Technology

Learn more about these programs, talk to instructors, ask questions and tour our state-of-the-art facility, the Art Smith Aero Centre.

Join us on Tuesday, February 12 at 7:00 pm at the

Art Smith Aero Centre - 1916 McCall Landing NE.

Call 403.284.7018 or Email [aerocentre@sait.ca](mailto:aerocentre@sait.ca) to confirm your attendance and for more information.

SCHOOL OF TRANSPORTATION

**FURTHER  
YOUR  
PASSION**





# The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show *Embarrassing Bodies*, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA MCGUINNESS  
romina.mcguinness@metro.lu

## BEFORE



**TAKE A PROBIOTIC** If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.



**BEAT THE BLOAT** Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.



**FILL UP ON H<sub>2</sub>O** Drink plenty of fluids. A dehydrated mouth is a smelly one.



**DON'T DRINK ON AN EMPTY STOMACH** But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

## DURING THE DATE



**SKIP THE SPAGHETTI** If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.



**AVOID GASSY FOODS** Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.



**SKIP THE ESPRESSO** End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.



**PACE YOURSELF** Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.

**WATCH YOUR MOUTH** Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

## AFTER



**DON'T SAY WE DIDN'T WARN YOU...** If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.



**PRACTISE SAFE SEX ...** The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

### Close encounters

#### ...and other health issues you might want to be aware of

**Teeth.** According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

**Food hygiene.** Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

**Body odor.** You sweat, you wash — makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell — pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the PH of the skin and creating an environment that's better for the bacteria to grow. It's a vicious cycle. The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use PH balanced soap to slow down the production of bacteria."

### Best Health Minute

#### Health truths and falsehoods



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In each issue of *Best Health* magazine, we offer Canadians real answers to everyday questions when it comes to health, beauty, fitness and nutrition. One of our regular columns is *What Works, What Doesn't*,



While mouthwash kills germs in your mouth, it is powerless against the common cold. ISTOCK PHOTOS

and it appears in our January/February issue, on newsstands now. Here are some

highlights from that article:

#### 1. Will mouthwash

#### actually kill cold germs?

No. While oral rinses with antiseptics do kill germs that live in your mouth, they don't protect against or treat the common cold.

#### 2. Can eating fish fight depression?

Yes. The rates of serious depression are lowest in countries where lots of fish is consumed. The brain is about 60 per cent fat, much of it in the form of the DHA and EPA omega-3 fatty acids in fish. Depressed people tend to have low blood levels of DHA and EPA.

#### 3. Do you still need to wear sunglasses in winter?

Yes. Sunglasses protect against common vision-robbing conditions, such as cataracts and age-related macular degeneration, caused by the sun's ultra-violet rays. Sunglasses are not just for summer. Snow reflects 80 per cent of sunlight — three times more than water and five times more than sand.

**TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.**



# Bipolar characters step out of darkness, into the spotlight

## Times a changin'.

TV and movies offer complex characters that help both the ill and others identify

Bipolar used to be shorthand in a movie: a sign someone was possibly paranoid and probably dangerous. But in *Silver Linings Playbook* and *Homeland*, audiences have been introduced to characters who are far less stereotypical. They're main characters. They struggle with the disorder, without being defined by it, and they're definitely the good guys.

That's not coincidental — the writers of the movie and the show are trying to make their characters more realistic, borrowing from personal experience with people who have mental illness.

Claire Danes won an Emmy and a Golden Globe for her per-



**Silver Linings Playbook** has been nominated for eight Oscars, including best actor for Bradley Cooper's portrayal of Pat Solitano, the lead character in the movie who is dealing with mental health issues. HANDOUT

formance as Carrie Mathison in *Homeland*, and the show received a Voice Award from the U.S. Substance Abuse and Mental Health Services Administration for an episode in which Carrie is hospitalized.

"Carrie, as a character, and Claire as the actress portraying that character, has a very fine

line to walk. She has to appear unbalanced and competent at the same time," says *Homeland* executive producer and co-creator Alex Gansa.

"The truth is that a lot of bipolar people are very high functioning and learn to mask and to recognize the symptoms when they're either horribly

## Time to talk

- Today marks Bell Let's Talk Day, where the company will donate 5¢ to mental health initiatives across Canada for every text message sent, long distance call made, Tweet using #BellLetsTalk and Facebook share of its Bell Let's Talk image. [letstalk.bell.ca](http://letstalk.bell.ca).

depressed or intensely manic and are able to self-monitor in those situations. Carrie is sometimes more adept at that than others."

*Homeland*'s writers and Danes have looked to books, consultants and even YouTube videos for inspiration on how Carrie should act in certain situations. One of the show's producers, Meredith Stiehm, also draws from her sister's bipolar experience, Gansa says.

Pat Solitano, the main char-

acter in *Silver Linings Playbook*, is also drawn from real people struggling with mental illness, says Matthew Quick, the author of the eponymous book the movie was based on.

"I was trying to promote hope, I was trying to show that life can get better. And I was definitely trying to promote tolerance for people like Pat," he says. "I think we need films (where) we can go and talk about these things, think about them. But we leave feeling not absolutely destroyed."

Robert Whitley, an assistant professor of psychiatry at McGill University who researches media coverage of mental illness, says that while he thinks "it does take a courageous director or writer or producer to go behind the scenes and try and understand (bipolar) disorder and how it affects people," he has problems with Pat's character.

"It's an inaccurate portrayal

of somebody with bipolar disorder," because Pat is violent and obsesses about contacting his wife when she has a restraining order against him, says Whitley. "These aren't characteristics of bipolar disorder."

(Quick disagrees that the violence is unrealistic, saying he dealt with "violent outbursts every single day" when working in the mental health field.)

"I wanted to show someone struggling with some pretty serious emotional and mental health issues, but I didn't want to label Pat," Quick says. To create the character, he drew from his work with teenagers who have severe autism and people with brain trauma and his own experiences with depression and anxiety.

"I consider myself a member of the mental health community," Quick said. "I do slide back and forth into euphoric and depressed states, but I've never been diagnosed bipolar."

TORSTAR NEWS SERVICE

Advertisement

## Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

### 7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



GLUTEN FREE, NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at [www.bikini-plan.com](http://www.bikini-plan.com). ENTER SOURCE CODE MCA. Available at these fine retailers and health food stores near you:



For retailer inquiries, please call True North Nutrition directly at toll free 1-800-261-4223.



HEALING ALTERNATIVES HEALTH FOOD STORE



# Fat Tuesday slims down with Red Beans and Rice Soup

With Mardi Gras upon us, turn the classic Red Beans and Rice dish into a hearty (and healthy) soup fit for a Mardi Gras party.

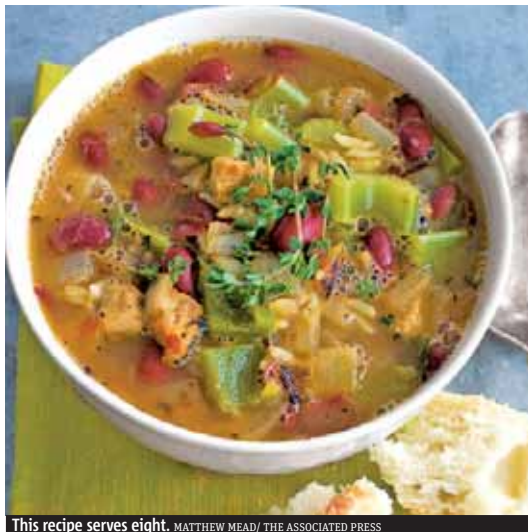
All it takes to transform the standard Red Beans and Rice into soup is the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cuisine), a little Creole seasoning, some chicken stock, and andouille sausage.

By the way, this soup is even better a few days later, and it freezes well.

**1.** In saucepan over medium, heat oil. Add sausage and cook, stirring occasionally, until lightly browned, 5 minutes. Use slotted spoon to transfer to a bowl.

**2.** Add onion to saucepan and cook, stirring occasionally, until golden, 5 minutes. Add garlic and Creole seasoning and cook, stirring, 1 minute.

**3.** While onion and garlic are cooking, mash 1 cup of kidney beans with fork, then add them to saucepan. Add celery, pepper, remaining whole beans, chicken broth and bay leaf.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Bring mix to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.

**4.** Stir in reserved sausage and the cooked rice. Cook until heated through. Discard the bay leaf before serving.

## Creole Seasoning

**1.** In a small bowl combine all ingredients. Store in airtight container for up to 6 months.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

## Ingredients

- 2 tbsp olive oil
- 9 oz (3 links) turkey or chicken andouille sausage, diced into 1/2-inch chunks
- 2 cups medium chopped yellow onion
- 3 cloves garlic, minced
- 1 tbsp Creole seasoning (purchased or use the recipe below)
- Two 15 1/2 -oz cans low-sodium red kidney beans, drained and rinsed
- 2 cups chopped celery
- 1 1/2 cups chopped green or red bell pepper
- 6 cups low-sodium chicken broth
- 1 Turkish bay leaf
- 1 1/2 cups cooked brown rice (1/2 cup uncooked produces 1 1/2 cups cooked)

## Creole Seasoning

- 1 tbsp plus 1 teaspoon hot paprika
- 1 tbsp garlic powder
- 1 1/2 tsp each onion powder, cayenne, dried oregano, dried thyme
- 1 tsp each ground black pepper, kosher salt

## Health Solutions

### Chocolate outside of the box



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

My funny valentine, you are going to have to think outside the box this year in your love purchase.

There are ways to show your affection without all that sugar and fat. And I promise, it will feel just as sweet.

Here are three ideas:

### Cocoa nibs in a grinder

Nibs are bits of the whole cocoa fruit before all the processing, which means that they retain their full antioxidant power. A beautiful grinder that sits next to the pepper mill will remind me all year not only to use the nibs on everything as I do pepper, but also that

you thought of me deeply.

### Whip up a Mexican Hot cocoa mix

Organic cocoa powder, skim milk powder, organic cane sugar, cinnamon, pinch of chili pepper. A couple of spoons of this in a cup of boiling water and all I will be able to think about is spooning.

### At least 70 per cent cocoa, please

If you are going to buy me straight up, good old chocolate, make it the finest, organic, fair trade dark stuff that has at least 70 per cent cocoa. We may as well love the rest of the world as much as we love each other.

**THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**OCT 31 - NOV 13 2013**  
with Optional 4 night Tanzania Post Tour Extension

**DOUBLE \$5,849\***  
~~REGULAR \$5,999~~

**SINGLE \$7,009**  
~~REGULAR \$7,159~~

**BOOK NOW \$150 per person AND SAVE**

**DON'T MISS OUT! BOOK NOW!**

**HIGHLIGHTS**

Nairobi • Samburu National Reserve • Fairmont Mt. Kenya Safari Club • Lake Nakuru • Masai Mara • Karen Blixen Home • Mt. Kilimanjaro • 9 Wildlife Safaris  
14 Days | 33 Meals: 12 Breakfasts, 11 Lunches, 10 Dinners

**INCLUDED IN PRICE:**  
Door to Door Sedan Transfers to and from the Calgary Airport (within 100km), Round Trip Air from Calgary, Park Fees and Hotel Transfers.

PRESENTED BY

**PASSPORT TRAVEL INTERNATIONAL LTD.** 403.256.9343  
PASSPORT@SHAW.CA

\* All Rates are Per Person and are subject to change. Not included in price: Air Taxes and Fees/Fuel Surcharges of \$700 per person (subject to increase until paid in full and Cancellation Waiver and Insurance of \$340 per person).

Your future begins **NOW...**  
**JOIN EPL**

At Eleven Points Logistics (EPL) we get to work in one of the most exciting, ever-changing fields in global business - Retail Distribution.

**JOB FAIR**

**WAREHOUSE ASSOCIATES**  
Starting at \$17.50/hr

260199 High Plains Blvd  
Rocky View County, Alberta  
Near Cross Iron Mills Mall/Costco  
Take 566 east and turn right on 291

**FRI FEB 22 NOON - 8PM**  
**SAT FEB 23 10AM - 3PM**

**OR APPLY ONLINE**

**WE OFFER THE ADVANTAGE OF ...**

- Aggressive wage progression
- Benefits and RRSP programs
- New state of the art distribution centre
- World class retail customer
- Fun, engaging and dynamic work place
- 10 hr or 12 hr shifts available

**CHECK US OUT AT**  
**EPLJOBS.CA**



## Be the good kind of gym rat: watch your etiquette

**My biggest pet peeve is rude and self-centred people at the gym. Is there such a thing as gym etiquette?**



**CHARLES THE BUTLER**  
askcharlethebutler@metronews.ca  
For more, visit charlesmacpherson.com

Yes! There are some good etiquette rules for the gym.

Now that many of us are trying to be good this new year, it is important to be considerate of others while at the gym.

The gym can be a busy place, particularly at peak

times, so keep the following in mind.

1. Whenever you use a piece of equipment always remember to wipe it down after you have used it. Nobody wants to use a machine with your sweat on it.

2. Always try and keep your workout time to a maximum of 30 minutes per machine (perhaps less in

peak times). Some gyms have different rules, so follow them, but if nothing is posted, always think of the other people who are waiting and go do something else.

3. Be mindful of using your cellphone in the gym area. If you do get a call you should leave the gym to have your conversation to avoid your conversation from bothering others.

4. Put your equipment away after you have used it. Don't leave heavy weights on machines for others to deal with or your hand weights on the floor. This is just plain rude.

5. When working out at the gym, you should be clean and wear deodorant. There is nothing worse than smelling someone who is unclean and needs a shower.



# Top 5 romantic places to be kissed

Oh, Valentine's Day. Next to New Year's Eve, it's the day many Canadians actually care about whether they have a special someone to lock lips with. While the key to fun tonsil hockey is being into the person you're doing it with, the right backdrop can take the experience from "that was fine" to "I saw fireworks!" So whether you've already been struck by cupid's arrow or are single and ready to mingle, here's the top 5 most romantic places in Canada to get kissed.

**MAE BOWRING**  
life@metronews.ca



## Whitehorse

Witnessing the magic of the Northern Lights, or Aurora Borealis, should be on the bucket list of all Canadians, and it's an especially romantic setting at this time of year. There isn't a better time to lean in for a kiss as waves of pink, green, blue and yellow dance across the night sky.



## Old Montreal

Between the cobble stone streets, fashion boutiques and cosy restaurants, it's hard not to feel like you've been transported to Europe when in Old Montreal. Use the cold weather as an excuse to get closer. Share some hot chocolate as you explore the city and maybe later, each other's lips.



## Victoria

Recently voted the most romantic city in Canada by Amazon.ca, this B.C. city has a picturesque inner harbour that could make any tourist wonder, "Why don't I live here?" Take a stroll along the waterfront and steal your kiss in front of the city's parliament building, which looks spectacular when lit up at night.



## Kingston

The dark horse on this list, Kingstonians know there's much more to their city than limestone and penitentiaries. A stroll through the shops on Princess Street is the perfect date activity. Tip: there are plenty of alcoves and quiet walkways to sneak into to enjoy a we're-about-to-get-caught kiss.



## Toronto

Sometimes it's hard to call Hogtown pretty, but from the top of the CN Tower on a clear night, the view can be downright breathtaking — and romantic. If your kiss atop the tower leaves a lasting impression, go back in the summer and relive the romance while doing the EdgeWalk. That's a souvenir photo you'll want to keep.

# How to love Valentine's Day ... on your own

**Valentine's Day.** It may be a yearly highlight for those with a significant other, but what if you are single... or recently back on the market? Metro asked writer Mae Bowring to find an alternative way to spend the holiday

**MAE BOWRING**  
life@metronews.ca

Surviving the holidays was hard enough dodging awkward questions about where my boyfriend was and having to quietly explain that we're no longer two peas in a pod.

So with Feb. 14 staring me

down and no beau in sight, I decided to get into the spirit of the so-called Hallmark holiday and treat myself to the perfect Valentine's Day getaway.

With one of my favourite single girlfriends in tow, we arrived in Oakville, Ont. to discover the top five things a singleton must do to celebrate their love — for themselves — on Valentine's Day.

## Get your glow on

Harsh winter winds make my face look more chapped and flaky than fresh and dewy, so my friend and I didn't hesitate to surrender our skin to the experts at Qi Tranquility Spa. Sticking with the Valentine's Day theme, they treated us to a strawberry and chocolate facial that was blissfully relaxing when I wasn't thinking about licking my own face.

The spa's "it's not me, it's you" anti-Valentine's packages are specifically designed for the happily single.

## Feel great from the inside out

The last place you'll find a single woman the week before Valentine's Day is trying on a sexy bra, but that's exactly why we stopped by Inside Story Fine Lingerie. With 85 per cent of women wearing the wrong bra size, it's smart to get measured regularly. We discovered that wearing lingerie is exhilarating and empowering, even if it's just us who see it.

## Dress to impress

Impress yourself, that is. It's easy when you're single to live in sweatpants, but being alone is exactly why you should make the extra effort.

When you look together, you feel better and walk just a little bit taller. I swung by Mendocino and bought a black leather vest that I can wear in the office or on the next girls' night out. Avalon Fine Jewellery had the necklace I'd been pining for and Lole's stylish sportswear attracted the runner in me.

## Roll out the red carpet

I've worn beautiful dresses to weddings before, but slipping into a ball gown brought out my inner Cinderella. Once the ladies at By Tocca, an all-occasion evening wear boutique, zipped me into a stunning animal print one-shoulder gown by Canadian designer Wayne Clark, I felt the urge to twirl. It reminded me of the importance of playing dress up every once in a while, no matter what your age.

## Eat in style

Just because you're dining for one doesn't mean you have to stay home and eat frozen pizza. This is the perfect opportunity to give in to your palate's desire. For lunch we sampled chef Thiru's crispy masala dosa and Indian cuisine at Suvai. Fresh oysters

(an aphrodisiac) and a piping hot lamb soufflé was on the menu at nearby Jonathans for dinner, leaving us grateful that we arrived hungry, because we were going home stuffed.

**THE WRITER WAS A GUEST OF THE DOWNTOWN OAKVILLE BIA**

**FREE TRIAL**  
(CALL NOW!)

Where Fun... Meets Adventure

**403.974.5555**  
Toll Free 1.866.348.5282

**LAVALIFEVOICE.COM**

metro

# RRSP GUIDE

Tuesday, February 12, 2013

## When is a loan right for you?

YLVA  
VAN BUUREN  
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan decisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people take a large sum RRSP loan is because it may trigger a tax refund, but that can work



A lump sum RRSP loan can help reduce your gross income, which reduces the amount of taxes you owe. COMSTOCK IMAGES/THINKSTOCK

against you, too, if you aren't careful.

Here are three scenarios where you might want to reconsider an RRSP loan:

### You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is

not recommended," Holmes-Winton said.

"You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some banks structure RRSP loans so the first payment won't apply until after

you get the tax refund.

### The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have to have the cash flow to make the monthly payment. Some people have to supplement their income, Holmes-Winton said, by using credit cards

and lines of credit and they end up in worse shape.

### The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.

TF\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$  
\$  
\$\$\$\$\$\$\$\$\$\$\$\$\$A

TAX-FREE SAVINGS ACCOUNT  
**2.55%\***

### Get the rate that gets you more.

Open a Tax-Free Savings Account and earn interest income that's all yours. Visit a branch today to build a flexible investment portfolio that suits your needs.

Five Calgary branches to serve you.

cwbank.com

 **CANADIAN WESTERN BANK**  
The Working Bank®  
Member of CDIC

\* Rate subject to change without notice. WestEasner® TFSA Account only. Interest calculated daily, paid monthly. Available in-branch only.

## Contributions. Program allows you to upgrade your education

MICHELLE WILLIAMS  
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government program is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to \$10,000 annually from your RRSPs to a total of \$20,000 in more than a four-year period for you or your spouse, but not for your children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any



A new government program is making education upgrading easier for Canadians. ISTOCKPHOTO/THINKSTOCK

funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institution. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay back your RRSP contributions before you apply for a new program. Typically, repayments must start in the

fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself moving into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.



## Pool your savings with a spousal RRSP

When one person in a married or common-law couple has a much higher income than the other, it's a great idea to open a spousal RRSP, especially if you intend to retire before age 65, says Dean Owen, a personal financial adviser in Saskatoon and past chair of ADVOCIS, The Financial Advisors Association of Canada.

A spousal RRSP allows a couple to build up the pool of savings for the person with the lower income so that at retirement there are equal amounts of RRSPs.

"Basically, it's a smart tax move with the intention of income splitting," says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "You're shifting income from the higher income earning spouse to the lower income earning spouse with the objective of reducing the accumulative family tax bill."

How does it work? The spouse with the higher income opens — and contributes to — a spousal RRSP in the partner's name. How much the contributor puts into the RRSP depends on what their contribution limit is that year. If it's \$20,000, for example, they can put the entire amount into their own RRSP, they can put the entire amount into the spousal RRSP, or they can split the amount between the two plans. But they can't go over the limit, Owen said.

While the contributor gets the tax deduction today, "the idea is to even out your retirement savings so you can keep the taxes you pay when you are retired as low as possible," Owen said. Instead of withdrawing \$60,000 from one person's fund, for example, each person withdraws \$30,000 and is taxed at a lower tax bracket.

One caveat is that funds must not be withdrawn for at least three years. If they are withdrawn, the money is attributed back to the contributor who pays the tax bill. When withdrawal occurs after this attribution period, the tax is paid by the owner.

YVLA VAN BUUREN



RRSPs can be a good way to finance a home purchase. ISTOCKPHOTO/THINKSTOCK

## Homebuyers can take advantage of new plan

MICHELLE WILLIAMS  
For Metro

Your dream home just posted a "For Sale" sign — but your assets are tied up in RRSPs. Do you let this opportunity pass you by?

"Not at all," says Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "RRSPs can be a great way to finance a home purchase. If you're a first-time buyer, take advantage of your RRSP investments to buy a home with the federal Home Buyer's Plan."

Home Buyer's Plan (HBP) is a government program that allows first-time buyers to withdraw as much as

\$25,000 from RRSP contributions to buy or build a home for themselves or a related disabled person. "The biggest benefits are that you don't have to pay taxes on this amount, and you have 15 years to pay it back to your RRSP fund," Cheng said. "And if you are purchasing the home with your spouse or partner, you can each withdraw \$25,000."

One firm condition is that payments to reimburse your account must be at least 1/15th of the amount each year. If you can't repay annually, you must pay tax on the amount. Among the other conditions: You must reside in Canada and purchase your home in Canada; the home must be your pri-

mary residence; you must be a first-time buyer or have not owned your principal residence for a period of at least five years; and you must be participating in this plan for the first time.

"The HBP is a good way to get your hands on cash for a down payment, but one disadvantage is that you do lose out on the deferred growth of the RRSP," Cheng said. "You also have to be committed to paying it back on schedule to protect yourself against tax penalties."

For more information on the Home Buyer's Plan and more ways to use RRSP contributions to purchase your home, contact a certified financial planner or your local financial institution.

## Pitfalls investors should avoid

TALBOT BOGGS  
Smart Investing

While the registered retirement savings plan (RRSP) is a great vehicle to help Canadians save for their retirement, there are some pitfalls that investors may not know about and should try to avoid.

Many people, for example, confuse their contribution limit with the deduction limit.

The deduction limit is set at 18 per cent of your previous year's earned income, up to a dollar limit, which changes every year. The maximum dollar limit for the 2012 tax year is \$22,970, up from \$22,450 in 2011, and will rise to \$23,820 in 2013. It is contained in the notice of assessment that you get each year from the Canada Revenue Agency after you have filed your return.

Another pitfall can be saving too much in your RRSP and having too many ac-



Try not to make the same mistakes other investors make when it comes to RRSPs. F10NLINE/THINKSTOCK

counts. An RRSP of between \$700,000 and \$2 million, for example, may sound great, but that money will be taxed at some point. A retiree with such a large plan would be in the 46 per cent tax bracket and would have their Old Age Security (OAS) clawed back.

Having your financial assets spread over several plans can lead to a disorganized investment strategy, duplication, inappropriate asset allocation and paying

more fees than if all investments were consolidated in one account.

Waiting to the last minute to make your contribution is another common pitfall. It can lead to making emotional decisions or parking the money for too long on the sidelines. By contributing early or making regular contributions during the year you get the tax-sheltered returns starting sooner and get the advantages of dollar cost averaging.

Many people also may be investing in the wrong things in their RRSP. As a general rule, it's better to invest in fixed income in your RRSP and equities outside of your RRSP in a non-registered account.

### THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

RRSP  
Deadline  
March 1, 2013

# Shop. Bank. Invest.



Ask us<sup>†</sup> about  
Index Mutual Funds  
for your RRSPs.\*

Call 1-888-236-6358  
or visit an in-store  
pavilion today.  
[pcfinancial.ca/invest](http://pcfinancial.ca/invest)

President's Choice  
FINANCIAL

\* Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.  
© PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc.  
† President's Choice Financial personal banking services are provided by the direct banking division of CIBC.





**2013 GMC TERRAIN**  
130686

**GM EXCLUSIVE**  
EARN UP TO 3000 AIR MILES!

**LIMITED TIME OFFER**

**2000 POINTS**

**YOU GET:**

<b>TECHNICAL:</b> 2.4L ECOTEC 4 CYLINDER 182 HORSEPOWER 6.1L/100 KMS HIGHWAY	<b>SAFETY:</b> ONSTAR BACKUP CAMERA TRACTION CONTROL
<b>CONVENIENCE:</b> XM RADIO HEATED OUTSIDE MIRRORS	<b>EXTERIOR:</b> FOG LAMPS 17" ALLOY WHEELS

**Over 45 TO CHOOSE FROM**

**PRICES AS LOW AS: \$28,999**

**\$185 B/W**



**2013 GMC SIERRA NEVADA CREW CAB 4X4**  
130185

**YOU SAVE \$9,000**

**3000 POINTS**

**YOU GET:**

<b>TECHNICAL:</b> 4.8L V8 AUTO 302 HORSEPOWER HD TRAILERING PKG.	<b>SAFETY:</b> LOCKING DIFFERENTIAL TRACTION CONTROL STABILITY CONTROL
<b>CONVENIENCE:</b> CRUISE CONTROL AIR CONDITIONING STEERING WHEEL AUDIO CONTROLS BLUETOOTH XM SATELLITE RADIO	<b>EXTERIOR:</b> CHROME GRILL PRIVACY GLASS 17" ALL SEASON TIRES

**\$202 B/W**

**49 TO CHOOSE FROM**

**MSRP: \$41,735**  
**SHAW SALE PRICE: \$32,735**

**TRY OUR SERVICE DEPARTMENT!**  
CALL AND SCHEDULE YOUR APPOINTMENT TODAY!  
**403-930-1657**

**LUBE OIL & FILTER, 14 POINT INSPECTION, AND TIRE ROTATION WITH THIS COUPON: \$89.95\***

**CHECK OUT OUR MANAGER'S SPECIALS**  
**SPECIALS.SHAWGMC.COM**

**SHAW GMC CHEVROLET BUICK**  
**403-930-1654**  
**SHAWGMC.COM**

**4620 BLACKFOOT TRAIL SE CALGARY, AB T2G 4G2**

**CREDIT CALGARY**  
Bad credit? No credit?

**100% APPROVAL RATING**

**AMVIC #10234902**  
**CREDITCALGARY.COM 403-287-8974**

**4620 Blackfoot Tr. S.E.**

PAYMENTS ARE 0.4% AT 0.00% FOR 84 MONTHS. TAXES (GST, 5.2% TIRE & \$100 AYC) AND FEE (\$499 ADMINISTRATION, \$149.00 WHEELS LOCKS AND NITROGEN & \$4.25 SERVICE NOT INCLUDED. THROAT AND DASHBOARD EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. \*AIR MILES PROMOTION ENDS FEBRUARY 28 2013. \*\*MAX. CHANGE UP TO \$1.00 PER DAY.



The fastest relationship killer is financial stress. So think frugal this year. ISTOCK IMAGES

# Do something hot this Valentine's Day: save your dough



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

According to a variety of recent bank surveys, the average couple spends between \$200 and \$400 to celebrate Valentine's Day. The majority of those costs are borne by men.

If you're like most North Americans, still feeling the pinch of credit card bills from December's holiday season, don't blow out your budget on Feb. 14. Treat your valentine to a low-cost and meaningful experience.

Try these ideas to celebrate. In this crazy, busy age we live in, quality time with your partner is special. So block off your calendar on Feb. 14 and commit to celebrate it together. On your special day, remove interruptions such as cellphones

and computers.

Rather than going out for an expensive dinner, have dessert and coffee at a local café instead. Alternatively, make dinner at home. No, you don't need to be Jamie Oliver to cook a great meal. Download a recipe and follow the steps with fresh ingredients. Plus, if you plan your menu around what's on sale at your local grocer, you could save a bundle.

After your romantic home cooked meal (add candlelight for romantic ambiance), download a movie from Netflix or rent a classic film for free from the library. Alternatively, read to each other by a fire or bundle up and go for a stroll outside.

Ditch traditional flowers and buy your love a plant that blooms with flowers year round. Skip the card exchange and write each other love notes instead.

Stumped for words? Simply

write what you love about your partner.

If you decide to purchase a gift, hunt around for coupons or buy an on-sale experience you can enjoy together at a less expensive time of year. Alternatively, make a homemade gift by baking, design a scavenger hunt with chocolates, or offer IOU gift certificates to share various household duties.

Remember that when times are lean, many couples choose to spend no money at all. Instead they give the gift of quality time.

If you think it's uncool to be frugal on Valentine's Day, think again. The fastest relationship killer is financial stress. So, why overspend when it could jeopardize the health of your relationship?

Follow Lesley on Twitter  
@LesleyScorgie





**Open House**

**February 21, 2013**  
**6:00pm - 8:00pm**

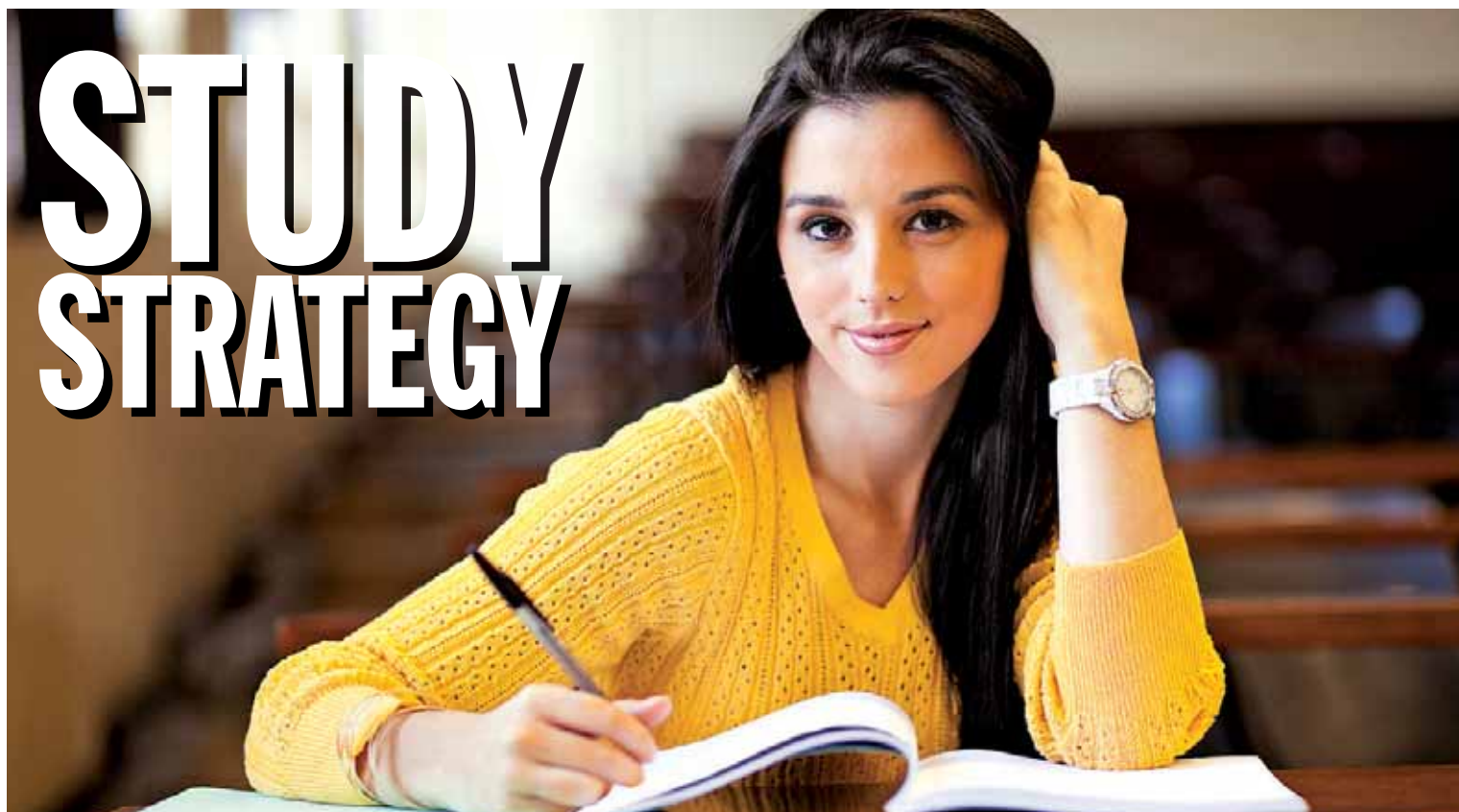
**Join us for a province wide Open House event.**

For event details and to RSVP, visit:  
**openhouse.reevescollege.ca**



**4620 Blackfoot Tr. S.E.**





ISTOCKPHOTO/THINKSTOCK

## PREPARE SLOWLY FOR YOUR MIDTERMS, STUDY DURING THE DAY ARE JUST A FEW TIPS

Studying smartly and eating right can improve your grades more than energy drink-fuelled cram sessions, experts say.

Prepare slowly for your midterm exams, says Elspeth Christie, a learning strategies expert at Queen's University. Go back over all of your notes and compare them with the notes of a classmate. Edit them to concise summaries. Think

about what the professor emphasized in class. Ask and answer exam-style questions.

"This starts the process of moving material from your short-term memory, which only lasts about 24 hours, to your long-term memory," she explains.

Christie notes research shows studying in the daytime boosts your ability by 10

per cent. "This is why the February blahs are really bad, because there is not a lot of daylight. We recommend building into your schedule this nine-to-five workday."

Speaking of time, she says the average attention span is about 30 to 50 minutes. After that, you are talking to a wall. Take hourly breaks to walk around the block or make a cup of tea. It will refresh your brain.

If you do find yourself cramming, use the syllabus as your guide to the core material. Spend 75 per cent of your time drilling on key points. Use your smartphone to record yourself reciting your key notes and then listen to it as you walk around.

Finally, Christie suggests getting seven or eight hours of sleep. Pulling an all-nighter and writing an exam is the brain equivalent to testing drunk. Both are bad ideas.

Jeremy Koenig, assistant professor in the applied human nutrition program at Mount Saint Vincent University, urges students to check out the Canada Food

Guide and shift their core eating away from fast foods and towards fruits and vegetables. Healthier food makes for a healthier brain that better absorbs material.

Instead of ordering pizza, invite your study group to your place and prepare a meal as part of the evening. Also, cut back on booze. "It's an inhibitor of brain performance. Metabolizing alcohol will steal vitamins," Koenig says.

Use energy drinks with caution, he urges. This may be obvious, but energy drinks block your brain's ability to get tired.

"Sometimes you need that," Koenig says, because prolonged dependence on energy drinks will lead to your energy crashing, which will make energy drinks more desirable, fuelling the cycle.

Koenig recommends students hit the grocery store before a study session to stock up on baby carrots, bell peppers and broccoli. Use them as snack foods instead of chips and chocolate bars.

— Jon Tattrie



AU student Salma and daughter in Edmonton, AB

**Learn. |** Life-long learning never ends. Whether you want to pick up a course just for interest's sake or earn the degree you've always wanted, Athabasca University's online and distance options are ready when you are. [Learn more at explore.athabasca.ca](https://explore.athabasca.ca).

# TOWER OF STRENGTH

## CREATE LIFELONG RELATIONSHIPS AT ST. MARY'S

An average class size of 19 students has made St. Mary's University College in Calgary a tower of strength for Sepidar Yeganeh Farid.

"St. Mary's is a place to create relationships that last forever, to learn lessons that will guide you through all stages of your life, and to have fun with a special group of students who respect, love and admire each other," Farid says.

"Because this university is small, you actually have a chance to learn more in a safe environment where you can voice your opinions and where you are considered as an individual, not one among thousands."

Farid will be one of the first students to complete St. Mary's newest degree, a four-year bachelor of arts with a major in psychology, when she graduates in June.



Sepidar Yeganeh Farid

ST. MARY'S UNIVERSITY COLLEGE PHOTO

St. Mary's also offers bachelor of arts degrees in English, history and general studies, a two-year bachelor of education after degree, and transferrable university courses in business, biological sciences and 32 other academic disciplines.

Founded on the Catholic intellectual tradition, St. Mary's is an inclusive community open to students of all faiths and backgrounds. The university's historic wooden water tower is a south Calgary landmark and a symbol of its long-standing presence in the community. Find out why St. Mary's is a "tower of strength" for its students at [stmu.ca/tower](http://stmu.ca/tower).

# UNDERSTAND HUMAN BEHAVIOUR AT AMBROSE

If you have ever wondered why people act the way they do, or are interested in decoding the science behind human behaviour, a career in behavioural science (BHS) is the answer for you.

Study how to apply social scientific knowledge in both individual and social contexts through the Ambrose University College BHS degree program.

"The BHS degree is interdisciplinary in nature, encompassing the fields of sociology and psychology," says Alexandra Sanderson-MacIntyre, PhD, program chair, associate professor, psychology, behavioural science program, Ambrose University College.

"The value of an interdisciplinary approach is that it provides students with the ability to understand and evaluate complex human behaviour."

Sanderson-MacIntyre says the applied approach emphasized in the BHS program results in three specific outcomes.

First, it provides students with a set of specific research skills in which to evaluate human behaviour.

Second, it allows for a substantive curricular focus in specific areas (i.e., cogni-



ISTOCKPHOTO/THINKSTOCK

tive neuroscience, culture and society, family and community, human development, and religion and social science).

Finally, students will be prepared for entry-level employment or further studies in after degrees or graduate programs.

Both three-year (concentration) and four-year (major) degrees require students to complete a practicum, enabling students to gain valuable field experience, to be mentored by an expert in the field, and to build relationships with local social service agencies.

For more about the behavioral science program at Ambrose, visit [ambrose.edu](http://ambrose.edu).

**ABM<sup>+</sup> COLLEGE**

**GET JOB READY FAST!  
Enroll Now.**



**Health Care Aide**

**Become a Health Care Aide in 5 Months**

- ✓ We offer accredited programs, **Alberta Government** approved, that will lead to a more rewarding career
  - ✓ Flexible class schedules: **Mornings, Afternoons, Evenings and Weekends**
  - ✓ Funding available for those who qualify
- your **FUTURE** starts here...

**403.719.4300**  
3516 26 Street NE, Calgary AB  
(Opp. Greenwood Inn)

[info@abmcollege.com](mailto:info@abmcollege.com)  
[www.abmcollege.com](http://www.abmcollege.com)

**Health Care Aide • Medical Office Assistant • Massage Therapy  
Business Administration • Accounting & Payroll • First Aid & CPR**

## YOUR CAREER IN ACCOUNTING

- Payroll Administrator
- Computerized Accounting
- Computerized Payroll Accounting
- and more!

Financial Assistance available to qualified applicants.

**CALL TODAY  
START RIGHT AWAY!**

**Academy OF LEARNING CAREER COLLEGE**

[www.academyoflearning.ab.ca](http://www.academyoflearning.ab.ca)



Calgary Northeast (403) 569-8973  
Calgary South (403) 252-8973  
Red Deer (403) 347-6676



# BREAK DOWN BARRIERS



ISTOCKPHOTO/THINKSTOCK

## START NEW PATH TO HIGHER LEARNING WITH SAIT ELF PROGRAM

When the English language is all that stands between you and your dream career, let SAIT help. By enrolling in English language foundations (ELF), break down that barrier and start down your new path to higher learning.

“ELF offers students the English lan-

guage skill training needed to live, work, or pursue further education in Canada,” says Doug Waite, a SAIT English language foundations instructor.

“ELF is a five-level program that enhances development in all language areas — speaking, listening, reading and writing.”

If English is not your first language, this program is for you.

Students are placed into the program based on demonstrated proficiency in English using the Canadian Language Benchmarks Assessment (CLBA); students must achieve a minimum of CLBA

Level 4 in all areas to enter the program.

ELF focuses on English language instruction and familiarization with Canadian culture, especially the expectations in a post-secondary environment, which may be significantly different than those in other parts of the world.

For example, many main program instructors at SAIT assign research reports, group projects and presentations to their students.

“These are three activities we cover, along with appropriate email use, and, of course, grammar and pronunciation work,” Waite says.

Additionally, through ELF, new Canadians have the opportunity to prepare for the Canadian workforce.

The program offers courses that focus on career preparation — resumé writing, interviewing, and working as a team.

ELF is part of the Centre for Academic Learner Services (CALS), a larger department that helps prepare students to succeed in their programs of choice at SAIT.

Waite says most of the students in ELF continue their academic journeys at SAIT by going onto other programs, but not all second language learners at SAIT take the ELF program.

For more about the English language foundations program, visit [sait.ca](http://sait.ca). Or attend a free information session on Feb. 20 at 6 p.m. in Room NH309, in the Senator Burns Building at the SAIT main campus.

**HASKAYNE** | MASTER OF  
School of Business BUSINESS ADMINISTRATION



UNIVERSITY OF  
CALGARY

## Need a change?

An **information session** for anyone who has ever considered a full time MBA

Saturday, March 2, 2013

11 -1 pm

RGO Room

Scurfield Hall, University of Calgary

Light Lunch

**RSVP** [micheline.campanaro@haskayne.ucalgary.ca](mailto:micheline.campanaro@haskayne.ucalgary.ca)



[HASKAYNE.UCALGARY.CA/MBA](http://HASKAYNE.UCALGARY.CA/MBA)

INVEST  
— in —  
YOU



ISTOCKPHOTO/THINKSTOCK

# TRAIN FOR CAREERS THAT ARE IN DEMAND

In just less than one year, you could be ready for a new career in computer-aided design (CAD).

By enrolling in the part-time, online computer-aided drafter certificate program through Digital School, train for a career in a field that is in high demand.

"It is the exact same certificate as the full-time, on-campus students receive, but now students who couldn't commit to a full-time, daytime program can complete a computer-aided drafter certificate from their homes," says Brady Sylvester, assistant manager of Digital School.

Students of this program will receive the same instruction as the students in the six-month, full-time, in-class program, but over a span of 12 months.

Digital School is a private career college that offers students a hands-on accelerated training diploma that prepares them to work in the high demand field of computer-aided design.

With new intakes four times a year, now is the time to speak with an admissions adviser to get your career in CAD started soon.

The next intake for Digital School will

be April and applications are now being accepted.

"There is still time to get in, but you don't want to leave it to the last minute," Sylvester says.

This program is also eligible for student loans.

CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization.

For more about Digital School, or to speak to an admissions adviser, visit [digitalschool.ca](http://digitalschool.ca).

## ABM COLLEGE UNDERSTANDS STUDENTS' NEEDS

The first-ever health-care aide class at ABM College has now proudly graduated.

The inaugural class of more than 80 students attended its graduation ceremony Jan. 25 at the Marlborough Community Centre, with family and special guests in attendance.

Among those special guests was notable guest speaker, Minister for Service Alberta Manmeet Bhullar, the youngest member of the Alberta legislature.

ABM College president Dr. Mohammed

Baten encouraged his graduates to always practise honesty and if they were to be honest and sincere, they would experience "short-term pain and long-term gain."

It was a proud day for ABM, as this group of recent graduates is the first from the Calgary campus to receive its diplomas and prepare to head out into the workforce.

Students who demonstrated exceptional skills and marks were recognized during the ceremony with special awards.

ABM College is an accredited voca-

tional career college that focuses on helping its students succeed in their career.

With campuses in both Calgary and Toronto, ABM College is well suited in understanding the needs of its students. The college is actively helping all of its students receive quality education, as well as career help in finding good jobs in their respective fields.

Anybody looking to launch their career or even just change their career field can call ABM College for more info at 403-719-4300 or visit [abmcollege.com](http://abmcollege.com).



ABM COLLEGE PHOTO



Everybody's Discovering....  
We're Different and Proud of it.

Imagine the  
Possibilities.  
Invest in  
your Future.



Grant Funding available for  
students who qualify.

Free courses for eligible students  
to meet minimum entrance  
requirements.



Private college offering accredited\* and licensed programs:  
Practical Nurse\*, Health Care Aide, Dental Assistant\*, Criminal  
Justice, Business Management, and Human Services.

Other Programs: ESL, Upgrading, LINC, and Integrated Training.

Alberta Basic Security Training course also available.

802 Manning Road NE  
Calgary, AB T2E 7N8

Call now: (403) 235-9300  
[www.columbia.ab.ca/m](http://www.columbia.ab.ca/m)

Be

"The Ambrose Business program  
effectively prepared me to pursue my  
entrepreneurial dream. Today I am  
living out that dream as I manage and  
grow my own marketing firm."  
- Chantelle | Business Graduate



Discover  
who you can be.

Open House  
Thursday February 14th  
10:00 am - 3:00 pm

[ambrose.edu](http://ambrose.edu)



AMBROSE  
UNIVERSITY COLLEGE



# MOVE UP LADDER WITH HELP FROM HASKAYNE

So, you have found a job that you love, but you can't move up in the ranks until you earn the qualifications to do so.

When quitting is not an option, enrol in the evening MBA (masters business administration) at the Haskayne School of Business at the University of Calgary.

"My career wasn't going as fast as I wanted it to and I wanted to change directions," says Reihaneh Irani-Famili, Haskayne MBA graduate of 2011.

"The Haskayne MBA taught business knowledge and street smarts that would have taken years to get otherwise."

Irani-Famili received her undergraduate degree in chemical engineering in Iran and, after moving to Canada, she wanted to focus her career on oil and gas.

"I knew if I wanted to move up the ladder, I needed to develop business skills," Irani-Famili says.

This is where Haskayne came in.

"My MBA taught me the language of executives and gave me confidence," Irani-Famili says.

"I was able to marry my technical

## INFO SESSION

To learn more about the Haskayne School of Business and its programs, attend one of its free information sessions. The next session will be March 2, from 11 a.m. to 1 p.m. in the RGO Room at the Haskayne School of Business on the university's main campus.

To attend, contact [mbarequest@haskayne.ucalgary.ca](mailto:mbarequest@haskayne.ucalgary.ca).

knowledge with business knowledge and it opened a lot of doors."

The evening MBA program is a three-year, 32-month program that is designed for the working professional in mind. Students attend classes two evenings a week from 5:30 p.m. until 8:20 p.m., plus one intensive week every semester.

Because you are able to continue working while studying, it means you are able to immediately apply what you have learned



UNIVERSITY OF CALGARY PHOTO

in class to your workplace.

"The Haskayne evening program made my MBA journey possible," Irani-Famili says. "I had the flexibility to be able to work full time and study at the same time."

Admissions adviser Micheline Campanaro says now is the time to start working on your application for the September 2013 intake as applications are being accepted. Campanaro says she is on hand to

help all applicants with any questions they may have and help to determine eligibility to the program.

"We value our students and take care of them throughout the program," Campanaro says.

For more information about the Haskayne School of Business, visit [haskaynemba.ca](http://haskaynemba.ca) or call Micheline Campanaro at 403-220-3808.

## TAKE A BREAK AND PRACTISE THE 3 R'S THIS READING WEEK

According to one expert, students should take the upcoming reading week break to take their mind off their daily academic stress and recharge before finishing up their school year. Practise the new three R's — rest, relax and refresh.

"I worry about students and the sheer volume of pressure on them, it can wear

them down," says Dr. Gordon Flett, professor of psychology at York University and Canada Research Chair in Personality and Health. "They need a break some times."

Flett says the daily grind and the pressures it brings is a recipe for burn-out. As father of two university students himself, Flett sees first-hand the effects of

academic stress on his own daughters. He adds there is a common thread between the stress students face and the Canadian workforce. "We should have more time off for everybody," he says.

Comparing to the European labour model, Canadians put in far more hours in a work week than many other countries.

"Time off is money well spent when it comes to the well-being of everyone, including students," Flett says.

Flett adds that getting caught up on some school work is fine, just as long as students are not obsessing and not getting the proper break for which reading week is intended.

— Candice Ward



CONTINUING EDUCATION

## Reveal a new you

Start a new career in payroll. Take the **Canadian Payroll Association's** nationally recognized certification programs at Mount Royal University.

**Join us for our free Information Night on March 11.**

Information: 403.440.6636  
or [cebusiness@mtroyal.ca](mailto:cebusiness@mtroyal.ca)  
Registration: 403.440.3833



[mtroyal.ca/conted](http://mtroyal.ca/conted)

# DEVELOP NEW SKILLS

## AT THE ACADEMY OF LEARNING

There is no question that Alberta's job market is doing well, but when it comes finding a career that lasts, now is the time to get the training and start developing your career.

"It is almost as if you have a pulse, you can get a job," says Brady Sylvester, spokesperson for Academy of Learning. "But you need to have the skills and training to get a great job or the job you want."

Sylvester says even though the job market is currently doing well, it will eventually start to cool and employers will be looking to keep those employees with the proper skills and training.

"It is the people with skills who will keep these jobs," Sylvester says.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.



ISTOCKPHOTO/THINKSTOCK

The school offers career training in the main areas of health care, office administration, accounting, IT, and web design. There is no need to wait until September to begin your training since intake is continuous.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more information about Academy of Learning and the programs it offers, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

# COLUMBIA COLLEGE CARES ABOUT STUDENTS

Before you can learn to care about others, learning what it is like to be cared about will help you along your journey to becoming a great health-care aide.

Columbia College cares about your success and offers students small class sizes and individual attention to ensure each graduate can enter the health-care field as the best caregivers possible.

"Students are given the extra time that they need to succeed with constant support," says Maria Chisamore, coordinator, integrated training and work experience, Columbia College.

"Students can work at their own pace and work on individual areas of need."

The integrated training for health-care aides at Columbia is a 32-week program that includes 17 weeks of academic upgrading and 15 weeks of health-care aide training.

During the 15 weeks of health-care aide training, students will spend 10 weeks in class learning theory and lab skills on such topics as HCA employment preparation, meeting complex care needs, assisting with medication delivery, and special activities for diverse clients.



CONTRIBUTED

Students will then complete five weeks of work experience, where they will receive hands-on training in real care environments.

Upon completing this training, graduates will receive resumé support and an interviewing workshop, preparing them for their job search, and interviews with potential employers are arranged by the career services team.

For more information about the integrated training for health-care aides at Columbia College, visit [columbia.ab.ca](http://columbia.ab.ca).

OPEN HOUSE FEB 16 10 am - 2 pm



**ST MARY'S**  
UNIVERSITY COLLEGE



[stmu.ca/tower](http://stmu.ca/tower)

Find out how St. Mary's has been a tower of strength for these students at

[stmu.ca/tower](http://stmu.ca/tower)

14500 Bannister Road SE, Calgary, Alberta (403) 531-9130

# THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

WHAT WILL YOU DESIGN  
AS A COMPUTER AIDED DRAFTER GRADUATE?

NOW ACCEPTING  
APPLICATIONS FOR SPRING TERM  
Call 1-877-414-0200

**DIGITAL** School

computer aided design training

#304, 10205-101 STREET, EDMONTON

digitalschool.ca

ONLINE  
PROGRAMS  
AVAILABLE





ISTOCKPHOTO/THINKSTOCK



BRAND X PICTURES/THINKSTOCK

# PAYROLL PROGRAM PAYS OFF

## AT MOUNT ROYAL UNIVERSITY

Whether you are a one man/woman show, or a large corporation, payroll is vital to every organization, one expert says.

"Payroll is mission critical to every organization," says Gail Purdy, Canadian Payroll Association (CPA) branch chair for Calgary, and payroll program instructor at Mount Royal University. "It is imperative that you practise attention to detail with the ability to communicate effectively to all levels of your organization."

As a payroll professional you are responsible for payment of services, accurate, on-time delivery and in compliance with government legislation.

When considering payroll as a profession, consider the payroll program at Mount Royal University. Throughout the program, students will learn all the intricacies of payroll.

"Not processing pay correctly affects the employee directly, but also has a lasting effect on how the business is perceived," Purdy says.

"In the CPM (certified payroll manager) program, which builds on the PCP (payroll compliance practitioner) compliance knowledge, students will develop their payroll management skills and learn how to contribute a payroll perspective to organizational policy and strategy discussions."

She adds that this information can assist someone who is new to the payroll profession and is also very helpful to the seasoned payroll professional.

"Being a certified payroll professional, whether a PCP or a CPM, are certifications that, coupled with a degree or another designation, allows you the opportunity to contribute in other business strategies," Purdy says.

MRU offers a payroll information night twice a year, where you can meet with current instructors to learn from their real-world experiences. The next night is March 11, and registration can be made online.

To learn more about the payroll certification programs available through Mount Royal University continuing education, visit [conted.mtroyal.ca/payrollmanager](http://conted.mtroyal.ca/payrollmanager).

# DON'T LET ENGLISH GET IN THE WAY.



Give your career unlimited potential with SAIT Polytechnic's English Language Foundations program. SAIT's quality instructors can help you go beyond basic comprehension and remove the language barriers between you and your lifelong career goals.

**FULL-TIME LANGUAGE INSTRUCTION**  
Starting March 4, 2013

Apply Today at **SAIT.CA**

**BUSINESS • TECHNOLOGY • TRADES**

**FURTHER  
YOUR  
PASSION**







Minnesota Wild centre Mikko Koivu pulls Matt Stajan of the Calgary Flames to the ice on Monday at the Scotiabank Saddledome. JEFF MCINTOSH/THE CANADIAN PRESS

# Wild take down Flames in shootout

**NHL.** Calgary loses 8th straight contest decided by penalty shots

Mikko Koivu celebrated his 500th-career NHL game with the shootout winner as the Minnesota Wild won 2-1 Monday night against the Calgary Flames.

With each team having scored once in the shootout, Koivu sped in on Leland Irving and made a sharp move to his forehead to cleanly beat the Flames goaltender.

Alex Tanguay was then

stopped by the pad of Niklas Backstrom, sending the Flames to their eighth straight shootout defeat. It comes on the one-year anniversary of the last time Calgary won a shootout.

Kyle Brodziak scored in regulation for Minnesota (6-5-1). Jiri Hudler scored for Calgary (3-4-3), which opened up a three-game homestand with the first in a stretch of six games in 10 days.

Unhappy with his team's efforts after a 5-1 loss to the Vancouver Canucks, Flames coach Bob Hartley completely retooled his lines. Among the changes, struggling captain Jarome Iginla opened the game

On Monday

2

Wild

1

Flames

on a line with Hudler on left wing and centred by recent AHL call-up Ben Street, who was playing his second career game.

By the end of the game, Iginla was back with his regular linemates Tanguay and Curtis Glencross.

With Miikka Kiprusoff out with a lower-body injury, Irving's third consecutive start and 10th career start was also his first-ever appearance at the Scotiabank Saddledome.

He didn't have long to settle his nerves as he was tested in the opening minute by Koivu, who pounced on Tanguay's giveaway but had his close-in shot turned aside by Irving. The 24-year-old goalie finished the game with 23 saves.

Backstrom, who also had 23 saves, entered the night with a 13-9-5 career mark against Calgary in 30 starts, a 1.91 goals-against average and .932 save percentage. **THE CANADIAN PRESS**

NHL

## Feaster slated to address crowded goal crease

The Calgary Flames enter a gruelling stretch of their lockout-shortened schedule with mystery swirling around the status of star goaltender Miikka Kiprusoff.

Calgary's starting goalie sprained the medial collateral ligament in his knee during a game in Detroit on Feb. 5 and was subsequently placed on injured reserve.

General manager Jay Feaster claimed 33-year-old goalie Joey MacDonald off waivers from the Red Wings on Monday. The timing of the announcement was ominous because it came after Kiprusoff skated alone in the morning to test his knee.

Feaster did not speak to reporters Monday to explain the move that brought the number of Flames goaltenders to four. The GM signed minor-leaguer Danny Taylor to an NHL contract the day after Kiprusoff's injury to back up Leland Irving.

A Flames spokesman said Feaster would address the goaltending situation Tuesday.

Head coach Bob Hartley deferred player personnel queries Monday to his GM. Irving and Taylor participated in Calgary's pre-game skate prior to hosting the Minnesota Wild, while MacDonald was scheduled to arrive in Calgary in the evening.

With or without their veteran starter, the pace goes from a trot to a gallop for Calgary, which had the kindest schedule the first three weeks of this abbreviated NHL season. While many NHL clubs have reached or passed the quarter pole, the Flames don't play their 12th game until Friday. **THE CANADIAN PRESS**

OFINANCING.COM CALGARYAUTOFINANCING.COM CALGARYAUTOFINANCING.COM CALGARYAUTOFINANCING.COM

**APPROVED**

Brand new vehicles from **\$49/WEEK**

Over **500** used vehicles to choose from

Over **1500** new vehicles to choose from

Finance rates starting at **4.9%**

**REBUILD YOUR CREDIT**

**CMP GM**  
CHEVROLET Cadillac BUICK GMC

**403-569-5416**  
CALGARYAUTOFINANCING.COM

**AMVIC LICENSED** **BEST MANAGED COMPANIES**

**EASY APPROVALS AND FAST APPLICATIONS**  
BANKRUPTCY | DIVORCE | NO CREDIT | NEW CREDIT | NEW TO CANADA





Toronto Blue Jays starting pitcher R.A. Dickey delivers a pitch during a team workout in Dunedin, Fla., on Monday. Even in spring training, hopes are sky high around the big-spending Blue Jays. NATHAN DENETTE/THE CANADIAN PRESS

# Sun rising on Jays' season following major facelift

**MLB.** Handful of players report to spring training ahead of schedule

The Smashing Pumpkins' Tonight, Tonight blared from the press box on Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this sleepy slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight. Tonight, so bright."

Pitchers and catchers don't report until Tuesday but hopes are already sky high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of acquiring R.A. Dickey, Mark

Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

"We were, I think, hopefully optimistic last year. But I think this year we expect to win, that's the difference," pitcher Brandon Morrow said.

Bautista was all business, yelling, "Hey, we haven't even officially started yet. Jeez. Tomorrow," as he passed a media scrum around pitcher Drew Hutchison on his way to the field.

The Jays slugger bypassed the media on his way back to the clubhouse, saying he had to complete his workout. Later, he sent a message via a club official that he was running late and wouldn't be speaking to the media.

"We need him," manager John Gibbons said of Bautista, whose 2012 season was cut short by wrist surgery. "If we're going to do anything, he's got to be a big part of that." **THE CANADIAN PRESS**

## Behind the plate

### Arencibia wants to catch knuckleball

J.P. Arencibia says he's looking forward to catching knuckleballer R.A. Dickey.

The Blue Jays also acquired catchers Henry Blanco, Josh Thole and Mike Nickeas, who have all handled Dickey in the past.

But, contrary to other assumptions, incumbent Arencibia says he wants to be at the other end of the Dickey floater.

"Our manager and Alex (GM Alex Anthopoulos) have talked to me and told me from the beginning that they want me to catch him," he said on Monday.

**THE CANADIAN PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	12	8	1	3	33	24	19
Pittsburgh	13	8	5	0	41	32	16
NY Rangers	11	6	5	0	29	27	12
Philadelphia	13	5	7	1	31	38	11
NY Islanders	12	4	7	1	36	43	9

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	10	8	1	1	29	21	17
Toronto	13	8	5	0	39	33	16
Ottawa	12	6	4	2	31	23	14
Montreal	11	6	4	1	31	30	13
Buffalo	13	5	7	1	39	46	11

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	11	6	4	1	34	34	13
Tampa Bay	11	6	5	0	43	32	12
Winnipeg	11	5	5	1	30	37	11
Florida	11	4	6	1	25	40	9
Washington	12	3	8	1	30	41	7

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	12	10	0	2	42	25	22
Detroit	12	7	4	1	33	32	15
Nashville	12	5	3	4	24	26	14
St. Louis	12	6	5	1	39	40	13
Columbus	13	4	7	2	30	41	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	2	33	24	16
Edmonton	12	5	4	3	28	30	13
Minnesota	12	6	5	1	26	30	13
Calgary	10	3	4	3	26	35	9
Colorado	11	4	6	1	23	29	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	12	7	3	2	36	28	16
Phoenix	13	6	5	2	35	35	14
Dallas	12	6	5	1	26	28	13
Los Angeles	11	4	5	2	26	32	10

**Note:** A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

#### Monday's results

Carolina 6 NY Islanders 4  
Toronto 5 Philadelphia 2  
Columbus 6 San Jose 2  
Los Angeles 4 St. Louis 1  
Phoenix 3 Colorado 2 (OT)  
Minnesota 3 Calgary 2 (SO)


#### Sunday's results

Detroit 3 Los Angeles 2  
Edmonton 3 Columbus 1  
Boston 3 Buffalo 1  
NY Rangers 5 Tampa Bay 1  
New Jersey 3 Pittsburgh 1  
Chicago 3 Nashville 0  
**Tuesday's games — All Times Eastern**  
Carolina at New Jersey, 7 p.m.  
NY Rangers at Boston, 7:30 p.m.  
Montreal at Tampa Bay, 7:30 p.m.  
Buffalo at Ottawa, 7:30 p.m.  
Washington at Florida, 7:30 p.m.  
Philadelphia at Winnipeg, 8 p.m.  
San Jose at Nashville, 8 p.m.  
Anaheim at Chicago, 8:30 p.m.  
Dallas at Edmonton, 9:30 p.m.  
Minnesota at Vancouver, 10 p.m.  
**Wednesday's games**  
Ottawa at Pittsburgh, 7 p.m.  
St. Louis at Detroit, 7:30 p.m.  
Dallas at Calgary, 9:30 p.m.  
**Thursday's games**  
Toronto at Carolina, 7 p.m.  
NY Islanders at NY Rangers, 7 p.m.  
Montreal at Florida, 7:30 p.m.  
Washington at Tampa Bay, 7:30 p.m.  
Phoenix at Nashville, 8 p.m.  
Colorado at Minnesota, 8 p.m.

WESTERN CONFERENCE							
CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	12	10	0	2	42	25	22
Detroit	12	7	4	1	33	32	15
Nashville	12	5	3	4	24	26	14
St. Louis	12	6	5	1	39	40	13
Columbus	13	4	7	2	30	41	10
NORTHWEST DIVISION							
	GP	W	L	OL	GF	GA	Pt
Vancouver	11	7	2	2	33	24	16
Edmonton	12	5	4	3	28	30	13
Minnesota	12	6	5	1	26	30	13
Calgary	10	3	4	3	26	35	9
Colorado	11	4	6	1	23	29	9
PACIFIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
Anaheim	11	8	2	1	39	31	17
San Jose	12	7	3	2	36	28	16
Phoenix	13	6	5	2	35	35	14
Dallas	12	6	5	1	26	28	13
Los Angeles	11	4	5	2	26	32	10

#### Maple Leafs 5, Flyers 2

**First Period**  
1. Philadelphia, Simmonds 3 (Schnell, Timonen) :38  
2. Toronto, Phaneuf 2 (Komarov, Kulemin) 14:49  
**Penalties** — Rinaldo Phi (Holding) 11:15,  
Knuble Phi (Cross-checking) 15:20, Giroux  
Phi (Boarding) 16:44.  
**Second Period**  
3. Toronto, Orr 1 (McLaren, Franson) 2:05  
4. Toronto, Frattin 7 (Kadri, Franson) 2:33  
5. Toronto, MacArthur 2 (Kadri, Frattin) 6:15  
**Penalties** — Grabovski Tor (Hooking) 11:23,  
Holzer Tor (Boarding Major) 13:31, Holzer  
Tor (Game Misconduct) 13:31.  
**Third Period**  
6. Toronto, van Riemsdyk 8 (Kessel, Bozak) 1:11  
7. Philadelphia, McGinn 2 (Foster,  
Fedotenko) 19:28  
**Penalties** — Knuble Phi (Hooking) 5:28,  
Rinaldo Phi (Interference) 12:10, Orr Tor  
(Tripping) 12:46, Rinaldo Phi (Holding)  
17:53, Rinaldo Phi (Misconduct) 17:53,  
Phaneuf Tor (Roughing) 17:53, Phaneuf Tor  
(Misconduct) 17:53.  
**Shots**  
Philadelphia 11 22 13—46  
Toronto 8 10 6—24  
**Goal** — Philadelphia: Bryzgalov (L, 5-6-1).  
Toronto: Reimer (W, 6-3-0).  
**Power plays (goal-chances)** — Philadelphia:  
0-3, Toronto: 0-5.  
**Referees** — Francis Charron, Paul Devorski.  
**Linesmen** — Darren Gibbs, Anthony  
Serico.  
**Att.** — 19,253 (Air Canada Centre).



## Edison

AT WALDEN


ANOTHER STEP FORWARD

### INNOVATIVE SOUTH CALGARY TOWNHOMES WITH 2 CAR GARAGES FROM THE \$250'S

Ranging from 1,130 to 1,400 square feet, at Edison, you'll find clever design inside and out. Two car attached garages, two & three bedroom floorplans & majority modern exteriors make these townhomes a brilliant choice.

**SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS**

285 Walden Drive SE | 403.536.7236 | [aviurban.com/edison](http://aviurban.com/edison)





## Skiing. Vonn could return to competition as early as November, doctor says

The swelling around Lindsey Vonn's repaired right knee has gone way down a day after surgery and her spirits way up.

Back in time for the 2014 Sochi Games?

Try possibly back in time for the beginning of the World Cup season in late November.

The doctor who operated on Vonn's injured right knee thinks the four-time overall World Cup champion just might return that soon.

That's the goal, anyway. And it's looking more promising following the procedure by Dr. Bill Sterett on Sunday to fix Vonn's knee after she shredded two ligaments during a crash last week at the world championships in Schladming, Austria.

Sterett examined the knee again Monday and was optimistic about what he saw: Less swelling, increased range of motion and little discomfort.

But this is what struck him most: Her determination to attack her recovery like she would a downhill course.

"She's in full-charge mode,"



Lindsey Vonn may be back in competition sooner than expected.  
GETTY IMAGES FILE

Sterett told The Associated Press in a phone interview. "She's like, 'When can I start upper-body strengthening? When can I start working on my core? When can I spin on a stationary bike with my other leg?'"

"I haven't seen a hint of post-traumatic depression from her, or her feeling sorry for herself or her sad or asking, 'Why now?' She's all about, 'When can I? When can I? When can I?'"

THE ASSOCIATED PRESS

# Athletes still benefiting from '88 Calgary Games

## Sochi Olympics.

Smart planning built the road and paved it for Canadian winter athletes to become some of the world's best

The founding fathers of the 1988 Winter Olympics had financial foresight.

While Olympic host cities of today build temporary sports venues or convert permanent ones into other types of facilities, Calgary's five are still heavily used for their intended purpose a quarter-century later.

Canada Olympic Park, Scotiabank Saddledome, Canmore Nordic Centre, the Olympic Oval and Nakiska Ski Resort continue to serve all levels of athletes, from recreational to Olympian to pro.

"It has become sort of the best dream we could have had back then," says Frank King, the chairman of Calgary's organizing committee.

"We all did say, 'This is not a 16-day event that when it's over, everyone pulls down the tents.... Everything was to be permanent."

"The athletes were to be given ways and means to develop themselves to be world

## Olympic legacy

"I think we've been fortunate enough here in Calgary, that each time (the) baton has been handed to someone else, they made a little bit of an improvement on what the person did before."

WinSport CEO Dan O'Neill

competitive."

Calgary won the bid to host the first Winter Olympics in Canada on the city's fourth try. Opening Feb. 13 and closing Feb. 28, they were the first Winter Games to be 16 days instead of 12.

The longer span was key in negotiating what was then a record U.S. television contract of \$309 million, says King, which contributed to Calgary turning a profit.

The '88 legacy is due in no small part to the endowment funds given after the closing ceremonies to the Calgary Olympic Development Association.

The organization, rebranded WinSport a few years ago, remains the caretaker of the funds, paying for the operation and expansion of much of that legacy.

According to WinSport documents, CODA was given two endowment funds totaling \$66 million to invest. The portfolio reached \$185 million in 2007 before nose-diving almost 40 per cent during the recession.

The portfolio is recovering, according to WinSport CEO Dan O'Neill.

"The people who set this fund up here originally, I can't say enough about their foresight," O'Neill says.

"Every time I talk to them I say, 'You guys don't know what you did here.' They do know what they did here, (but) most people don't know what they did."

What they did was build the road and pave it for Canada to become one of the world's winter sport powers.

The host team didn't do well in 1988, with just a pair of silver medals and three bronze, but 25 years later, Canada's target at the 2014 Winter Olympics in Sochi, Russia, is to win more medals than any



Figure skating champion Brian Orser leads the Canadian Olympic team into McMahon Stadium in Calgary during the opening ceremonies of the XV Olympic Winter Games on Feb. 13, 1988. Canadian winter athletes continue to benefit from the money and facilities provided by the Calgary Games.

PAUL CHASSON/THE CANADIAN PRESS

other country.

Canada won the most gold medals at the 2010 Winter Games in Vancouver with 14 and ranked third in the overall medal count with 26.

According to a report commissioned by the Vancouver 2010 organizing committee, almost three quarters of Canada's 2006 medallists in Turin,

Italy, were either from Alberta or trained in the province at facilities left over from 1988.

"We had some success in Calgary and we built on that," says Own the Podium chief executive officer Anne Merklinger. "It was really the seed for our success in winter sport."

THE CANADIAN PRESS

## NFL

### Vick agrees to Eagles contract

Four-time Pro Bowl quarterback Michael Vick agreed Monday to a restructured three-year contract with the Eagles, just two seasons after signing a \$100-million US extension that included \$35.5 million in guaranteed money. The new deal is essentially for one year, however.

A source familiar with the contract said Vick could earn up to \$10 million in 2013 if he meets all his performance incentives and the team will void the remaining two years in March. THE ASSOCIATED PRESS

## NHL

### No punishment for Grabovski

The NHL will not suspend Toronto Maple Leafs forward Mikhail Grabovski for an alleged biting incident in Saturday's game against Montreal.

The league said there was no conclusive evidence that Grabovski bit Canadiens forward Max Pacioretty.

Pacioretty says he got a precautionary tetanus shot after the incident in Toronto's 6-0 victory.

"It was an emotional game," Pacioretty said Monday.

THE CANADIAN PRESS

# Executive IOC board to cut 1 Olympic sport for 2020



A countdown clock for the 2014 Sochi Olympics installed outside the Kremlin in Manezh Square, with the Kremlin's Spassky Tower at right in the background in Moscow, Russia. MIKHAIL METZEL/THE ASSOCIATED PRESS

IOC leaders are meeting this week to decide which sport to drop from the Olympic program.

At a two-day IOC executive board meeting opening Tuesday, the IOC will also review preparations for the Winter Olympics in Sochi — less than a year away — and the 2016 Summer Games in Rio de Janeiro, as well as select a short list of finalists for the 2018 Youth Olympics.

Modern pentathlon, a tradition-steeped contest invented by the founder of the modern Olympics, is expected to face close scrutiny when the board considers which of the current

26 summer Olympic sports to remove from the program of the 2020 Games. Taking out one sport will make way for a new sport to be added to the program later this year.

The executive board will review a report from the IOC program commission assessing each of the sports contested at last summer's London Olympics.

The report analyzes more than three-dozen criteria, including television ratings, ticket sales, anti-doping policy and global participation and popularity. With no official rankings or recommendations contained in the report, the

## Doping

This week, the IOC will also discuss the crisis in cycling following the doping revelations that led to Lance Armstrong being stripped of his seven Tour de France titles and banned for life from elite sports. Armstrong was also stripped by the IOC of his bronze medal from the 2000 Sydney Games.

final decision by the 15-member executive board will likely be influenced by political, emotional and sentimental

factors.

The last sports removed from the Olympics were baseball and softball, voted out by the IOC in 2005 and off the program since the 2008 Beijing Games. Joining the program at the 2016 Games in Rio de Janeiro will be golf and rugby.

Baseball and softball have combined forces to seek inclusion in 2020, competing against karate, squash, roller sports, sport climbing, wakeboarding and wushu. Whichever sport is dropped Tuesday will join those seven vying for the single opening in 2020.

THE ASSOCIATED PRESS





## Horoscopes

### Aries

March 21 - April 20

Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

### Taurus

April 21 - May 21

Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

### Gemini

May 22 - June 21

Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

### Cancer

June 22 - July 23

You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

### Leo

July 24 - Aug. 23

Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

### Virgo

Aug. 24 - Sept. 23

Do you wish you were some place else than where you actually are? According to the planets, you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

### Libra

Sept. 24 - Oct. 23

It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

### Scorpio

Oct. 24 - Nov. 22

Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

### Sagittarius

Nov. 23 - Dec. 21

Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

### Capricorn

Dec. 22 - Jan. 20

There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

### Aquarius

Jan. 21 - Feb. 19

You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

### Pisces

Feb. 20 - March 20

Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

SALLY BROMPTON

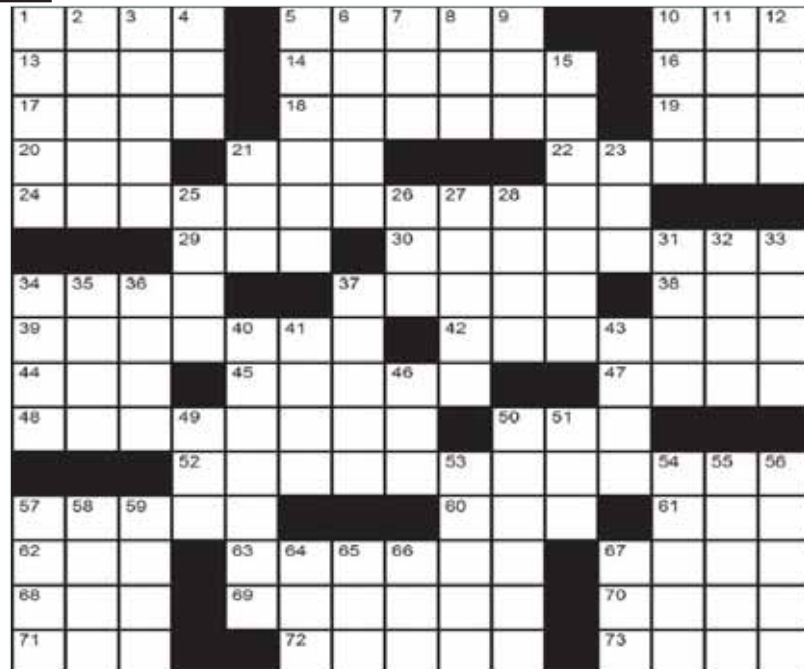
## Crossword: Canada Across and Down

### Across

1. Model search series, "The \_\_\_"
5. Canadian supermodel coach on #1-Across, Coco \_\_\_
10. Motorists org.
13. DC Comics supervillain, \_\_\_ Kadabra
14. Sir \_\_\_ Hillary (Everest mountaineer)
16. Median, mini-ly
17. 'Super', in slang
18. Go-\_\_\_
19. \_\_\_ Lanka
20. 'John Hancock', e.g.
21. Actor Mr. Tognazzi
22. Search engine
24. Canadian singer/songwriter sisters: 3 wds.
29. Untruth
30. Justin Bieber's 'Believe \_\_\_'
34. \_\_\_/\_\_\_ radio
37. Canadian pianist Mr. Gould
38. Grey Cup org.
39. Chocolate/caramel/nougat treat: 2 wds.
42. Instant coffee brand
44. "...man \_\_\_ mouse?"
45. "The Simpsons" convenience store, Kwik-\_\_\_
47. 'Pseud' suffix
48. Fruit sugar
50. Singer Janis
52. 2001 Kevin Spacey movie set in Newfoundland, "The \_\_\_"
57. Guitarist, Lenny \_\_\_
60. Pre-A.D. time alternative
61. Rap star, Tone-\_\_\_
62. Purpose
63. Yellow-bordered mag since 1888: 2 wds.
67. Morning talk's Kelly
68. Philosophy
69. Queen Elizabeth's youngest son
70. Russian ruler, variantly
71. PBS funding org.
72. \_\_\_-face (Reversal)
73. Actor Mr. Donovan

### Down

1. 1859 Charles Gounod opera



2. Aussie actress Ms. Cornish
3. Allison Janney's "The West Wing" role, C.J. \_\_\_
4. Head hearer
5. Music style
6. Ancient theatre
7. "Pick a Puppy" channel
8. Gilligan's dwelling
9. 'Prop' suffix (Fuel)
10. Money
11. Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, \_\_\_ Arrow
12. Currency exchange fee
15. Rehearsals: 2 wds.
21. Prefix with 'cycle'

23. Writer Mr. Milne's
25. Donations
26. Music direction, \_\_\_ segno
27. Fragrance
28. First-rate
31. \_\_\_ highway
32. Questionable
33. Li'l mandarin-like fruit
34. "I \_\_\_ the opinion that..."
35. Dave \_\_\_ (1965 PGA Championship winner)
36. Herr's wife
37. Fathom
40. Dr. Norman \_\_\_
41. Quant \_\_\_ (For my part, in French)

43. Hartford, \_\_\_
46. Gym workout unit, commonly
49. Our version of NASA
50. Encrypted: 2 wds.
51. Birthday changer
53. French composer Jacques
54. Miss Doolittle of theatre
55. Tom of "The Dukes of Hazzard"
56. Frighten
57. Bathroom = Salle de \_\_\_
58. Stand up
59. Ms. Stone of flicks
64. Dictionary abbr.
65. Couple
66. Guy opposite
67. Sales slip, shortly

## Yesterday's Crossword

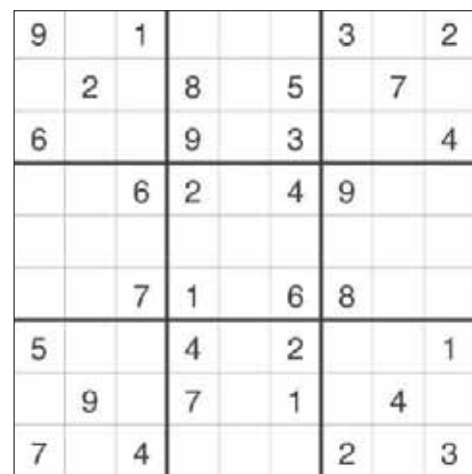


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 5°  
MIN: -3°

### WEDNESDAY



MAX: -1°  
MIN: -1°

### THURSDAY



MAX: -4°  
MIN: -12°



ANDREW SCHULTZ  
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."  
WEEKDAYS 5:30 AM



# GOD'S PROMISE FOR ME!

The Lord my God will make me to be fruitful and abound; I will be like a well-watered garden, like an ever-flowing spring.

(Isaiah 58:11)

HISPROMISES.ORG | @HISPROMISES4ME



## Adventure! Teach English Overseas

- > TESOL Certified in 5 Days
  - > In-Class or Online
  - > No Degree Required!
- 1.888.270.2941  
Job Guaranteed!  
Next in-class course: Apr 17th - 21st, 2013  
Next Seminar: Feb 27th, 2013 @ 7pm  
Travelodge University Hotel - 2227 Banfill Trail NW  
[www.globaltesol.com](http://www.globaltesol.com)



## ABORIGINAL

# JOB CLUB

Free Program

5 days/wk for 3 wks

Join fellow job hunters who assist each other in search of employment

Prepare a strong resume and gain interview practice

Program starts March 4

For more info call 403.253.5311

# Edison

AT WALDEN

ANOTHER STEP  
FORWARD



INNOVATIVE SOUTH CALGARY TOWNHOMES  
**WITH 2 CAR GARAGES**  
**FROM THE \$250S**

Ranging from 1,130 to 1,400 square feet, at Edison, you'll find clever design inside and out. Two car attached garages, two & three bedroom floorplans & majorly modern exteriors make these townhomes a brilliant choice.

SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS

285 Walden Drive SE | 403.536.7236 | [aviurban.com/edison](http://aviurban.com/edison)

[aviurban.com](http://aviurban.com)

AVIurban







Today

the

more

you

text

the

more

you

help

Today, for every text message sent or long distance call made by a subscriber\*, Bell will donate 5¢ more for initiatives helping the millions of Canadians affected by mental illness.

[bell.ca/letstalk](http://bell.ca/letstalk)

\*Regular long distance and text message charges apply

